

Dear Parents, students and guardians,

Get Ready to Run! Join our School Fun Run!

Mark your calendars! We're kicking off the new school year with a pumped-up Fun Run for students, families, and the entire community!

Lace up your sneakers and get ready for a:

- Thrilling (but not too taxing!) run/walk around school grounds. See attached map
- High-energy music to keep your spirits soaring
- Fun activities and games for all ages
- Delicious refreshments to refuel after the race

This is a fantastic way to:

- Celebrate the start of a new school year!
- Meet your classmates and teachers after the holidays
- Get active and have some healthy fun
- Connect with your community

The TiS Fun Run is open to everyone!

So, gather your friends, family, and neighbours and join us for a morning of merriment and movement.

Date: 24 August 2024 (Saturday)

Time: 8;00 am onwards

Location: Tanarata International School Grounds

Registration is FREE! Simply RSVP by filling in this link. https://forms.gle/UgRGGEHDfUnXtJPTA

Don't miss out on the fun! Let's kick off the school year with a bang! First 100 to finish the run receive a goody bag!

We can't wait to see you there!

That's all for now...

Thank you.

Barnali Guha



TANARATA INTERNATIONAL SCHOOLS

TiS @ Planters Grounds, 3.5 mls Kajang-Serdang Road, 43000 Kajang, Selangor, Malaysia Tel: +60 (03) 8737-7366 Fax: +60 (03) 8734-3848 Email: admin@tanarata.net

TiS Fun Run Itinerary

7:00 am: Arrival of Staff

7:30 am: Registration of Participants

7:55 am: Mrs. Guha Officiates & School Song

• A welcome speech by Mrs. Guha followed by the school song

8:00 am: Warm Up & Aerobic Dance with Coach Dominic

• A guided warm-up and energetic dance session gets everyone ready for the fun run.

8:20 am: Main Gate Closes

8:30 am: Fun Run - Group 1 Teachers in Charge

• The fun run begins with Group 1 teachers managing the route and participants.

9:15 am: Games Begin (3 Stations) - Refereed by Group 2 Teachers

• Three fun games (Tug of War, Lemon and Spoon, Sack Race) are available for everyone to enjoy. Group 2 teachers ensure fair play.

10:30 am: Zumba Dance with Coach Dominic

• Another energetic dance session with Coach Dominic keeps the fun going.

11:00 am: It's a Wrap!

• The event concludes with a sense of accomplishment and community spirit.