

Mid-Pacific Middle School  
Field Day 2017  
Friday, Sept. 15  
Student Info,

**What to bring/wear:**

- All students will change into Field Day shirts in hmrn (try to get there before 7:30 if possible). You may wear a regular t-shirt/top to school (does not have to be uniform polo shirt since you will change in hmrn).
- Covered shoes
- Dress code length shorts, athletic and board shorts ok.
- Sunscreen, hat, sunglasses recommended
- Water/cups will be available throughout the day, but you may bring your own water bottle if you prefer (but must be responsible for it)

**(No) Lunch:**

- There will be no lunch period (since you will be dismissed at noon) but if you need a "heavier snack" you're welcomed to bring your own. A variety of snacks will be provided throughout the day, too.

**Schedule for the day:**

**7:30-7:40: Students meet in homeroom as usual**

- Change to field day shirts and prep for the day

**7:45 – 8:00: Assembly in Gym**

- Students may store their belongings ... will be locked in;
  - Rm 19 (gr.8)                      - Rm 21 (gr.7)
- \* To be opened at noon dismissal

- Class Clap Cheers

- Morning Stretches to prepare for the walk led by our Facilities/Maintenance Staff

**8:00 – 9:00: Walking adventure to Kanewai Park (Dole St)**

- Teachers and parents will supervise students on our walk through the UH campus along EW Rd and down to Dole St.

**9:00 – 10:30: Playtime!** Homerooms rotate between 3 stations

**10:30 – 11:30: Head back to campus for cold treat/snacks** (walk back with your homeroom)

**11:30 - 12:00: Meet in gym after snacks**

- Dancing & announcing of PEP (Proud Enthusiastic Pueo) Award winner!
- Dismissal at noon

Happy Weekend!!

