

WHS Relay for Life 2019

Thank you all for signing up for Relay For Life this year!

It will be held at the Westpac Stadium this Saturday 6th April. We will be on a hard surface: bring pillows, chairs or blankets.

Only year 12s and 13s can stay the night. All other students have to be picked up by 9pm on Saturday night.

The WHS stand is number 64.

There will be food available for purchase at the event (see next page for the café menu), so make sure you bring some money! A free breakfast will be provided for those staying the night.

Here is what the day will look like:

- 3pm: The organisers of the the WHS Relay For Life team will be at the stadium at 12 and everyone else must be there by 3pm*
- 3:30pm: Opening Ceremony and Survivors and Caregivers Lap*
- 4pm: Lap counting starts*
- 8pm: Lap counting stops for Candlelight Ceremony*
- 8:30pm: Candlelight Ceremony*
- 9pm: year 9, 10 and 11 students are picked up.*
- 9:15pm: Headshave*
- 3am: Clock goes back an hour (daylight saving)*
- 6:00am: Breakfast*
- 7:30am: Lap counting stops*
- 8am: Closing ceremony*

What you will need to bring:

- Soft-soled shoes*
- Warm layers*
- Phone chargers*
- Packed lunch/food*
- Refillable water bottle – let's keep waste to a minimum!*
- Money to purchase food and drink*

If you are staying the night:

- A blanket*
- Earplugs and eye-mask*
- Any toiletries you may need*

What not to bring:

- Alcohol, cigarettes, or e-cigarettes, and anything with open flames*

Thanks again,

Ivy Austin and Ruby Hudson,

Student leaders of the Relay For Life team.

Saturday 6 April 2019

All Day Café Menu

Sandwiches, Salad & Soup (3pm-9pm)

- Wholegrain sandwich - chicken & avocado, tomato \$9.50
- Wholegrain sandwich – egg, chive and salad \$9.00
- Vegetarian wraps, falafel, labneh, salad greens (V) \$9.50
- Thai Beef Salad, salad greens, chilli, soy dressing (GF) \$14.50
- Roasted veg salad (GF)(V) \$12.50
- Hot Pumpkin Soup and wholemeal roll (GFO) \$9.50
- Seasonal whole fruits served in a basket \$2.50

Drinks

- Water Pump 420ml \$4.50
 - Barista Coffee \$5.00
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6th & 7th April 2019 - 9pm-8.30am

Overnight Café Menu

Sandwiches & Soup

- Assorted sandwiches \$9.50
- Hot Pumpkin Soup and wholemeal roll (GFO) \$9.50
- Seasonal whole fruits served in a basket \$2.50

Café Breakfast 5.30am-8am

- Yoghurt and Muesli per serve \$6.50
- Healthy choice bran muffins \$4.50
- Cheese, tomato pesto pinwheel scones \$4.50
- Seasonal whole fruits served in a basket \$2.50

(GF) Gluten Free

(GFO) Gluten Free Option

(V) Vegetarian

Map for Relay for Life 2019

