

# SPPS Colour Run



## PBL Recognition Winner Term 1

### Students only!

*What is a Colour run? As part of the colour run, students can be showered with coloured powder. To heighten the effectiveness of the colour powder at colour stations students will participate in obstacle course activities and may be squirted with water between stations.*

**When:** Thursday, 10<sup>th</sup> April

**Where:** School Oval

**Time:** 9.45am – 10.45am. Students will participate in a variety of activities on the oval.

**What to wear to school:** We encourage students to wear an old **white** t-shirt that you don't mind getting coloured along with old pants and some old covered-in shoes. Students are also reminded to bring a spare hat and wear sunscreen. All belongings should be labelled with your child's name.



**What to bring to change into after:** Students **must** bring a bag with their school uniform, school shoes, and a towel to be able to get changed after the colour run. Please ensure all items are labelled with your child's name.

**Important:** If students participate wearing their school uniform on the day, please be advised they will likely end up with colour on their uniform.

**Eye protection (Optional):** Staff will do their best to squirt the powder below the shoulders of students however wind and other factors can result in students getting the powder in their face. As such, you may wish for your child to bring their own eye protection such as sunglasses or goggles or a bandana/face mask/scarf. Face shields can also be provided.



**If your child does not want to be covered in powder:** If your child would not like to be showered with coloured powder, we ask that they wear a **red** t-shirt so they can be easily identified and they can bypass the colour stations.



\*\*\*If you **do not** wish for your child to participate in the Colour Run please advise your child's class teacher prior to the day.

## Frequently Asked Questions

### **Is Holi Powder Non Toxic?**

All of our powders are made from natural ingredients (maize starch and vegetable colours).

### **Will your Holi Powder wash off clothing easily?**

It is best to wear older / disposable clothing. White clothing works as the best backdrop to contrast the bright colours. Although under normal circumstances Holi Colour Powder doesn't stain, it can leave a light coloured wash over the item of clothing. Clothes are best washed by themselves.

### **What if it gets in our participants eyes?**

It is advised that staff throw the powder at the torso, however wind and other factors can cause the powder to protrude on the face. Don't be concerned if it does, because the powder is non-toxic and a simple rinse with water will take care of that. Wearing sunglasses can greatly reduce the chances of colour powder getting into the eyes.

### **Can we inhale it?**

It's a lot like breathing in dust and dirt, extensive exposure is not recommended. People with lung issues such as asthma are advised to be careful in their decision to participate.

### **Will the colour powder wash off skin and hair?**

Yes! The easiest way to get it off is while it's still dry (shake, wiggle or jump up and down). Soap and water, with a little rinse will do the trick. If water is added to the event there is a potential of staining hair, however, it will wash out over time.

It has been found that if you rub coconut oil through hair before they run it will help to wash the colour powder out later under cold water. Of course, wearing something to cover all their hair is another tool if students do not want to walk around with rainbow hair post-event.