



## HOUSE CROSS COUNTRY CARNIVAL

Dear Parents/Guardians,

The **House Cross Country** is being held on **Thursday April 27<sup>th</sup>**. The aim of this event is for students to have a go, apply their running skills and to assist in selecting the school Cross Country team. Students will run in age groups 10 and under, 11 years, 12/13 years.

**When and Time:** Thursday April 27<sup>th</sup> beginning at 11:30am. The 12/13 age group will run first, followed by 11 years and then 10 and under leaving in 10 minute intervals. It is anticipated that we will be finished by 1:30pm. Presentations will be held at 2:30-3:30pm in the hall.

**Who will participate:** All students in Grades 3 to 6. Students are encouraged to walk sections of the track if they find running long distances difficult. It takes approximately 20 minutes to walk.

**Where is the track:** Commencing with a lap of the Montrose Primary oval, students then run down Trevallyn (on the foot path) almost to Cambridge Road. They then turn left and run along the footpath to the Guide hall. Students then cross the grasslands, running along the path through the woodlands. They then turn left to run along the fire track clearance, stopping at the gate waiting for all students to finish.

**Parent helpers:** It is vital we have the assistance of parent helpers as marshals along the track – particularly in the woodland section. Without parent assistance, we will not be able to run the event. Parent helpers will need to meet at the school hall at 10:45am on the day and we will walk the track to drop you at the marshalling points. You will be finished by 1:30pm.

**Familiarisation and Training:** We are aiming to walk Grade 3-4 students through the track during P.E. lessons to ensure they are comfortable with the track outline. Nearly all Grade 5 and 6 students have completed this activity before. Additional running during the school holidays is highly recommended.

**What to wear / bring:** Students need good comfortable runners, a drink bottle. Asthmatics bring your puffer. Students must wear their Montrose Primary polo for easy identification. **The event will run in light rain so if wet weather looks likely a change of clothes would be beneficial.**

**Montrose Primary School staff undertake a risk assessment for all excursions and develop a risk register to manage potential risks. The risk register may be viewed upon request.**

There is no cost associated with this event. Please return the permission form by **Wednesday April 26<sup>th</sup>**.

Thank-you,

Thomay Nicolaou (Physical Education Teacher)



## HOUSE CROSS COUNTRY CARNIVAL

Child's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

I give permission for my child to participate in **House Cross Country Carnival** at using a pre-defined track through the local community on **Thursday April 27<sup>th</sup>**.

Montrose Primary School is a Child Safe organisation which adheres to the child safe standards. All of our staff and volunteers must agree to abide by our code of conduct which specifies the standards of conduct required when working with children. Any parent helpers selected for this excursion will need to sign the school's Code of Conduct policy and have a current Working with Children Check.

I understand that in the event of serious misbehaviour my child may need to be sent home from an excursion and the costs associated with this are the parent or carer's responsibility.

I authorise the teacher in charge of the excursion to consent, where it is impracticable to communicate with me; to the child receiving such medical or surgical treatment as may be deemed necessary.

Parent/Guardian Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Medical Information (if necessary):

\_\_\_\_\_  
\_\_\_\_\_

### Anaphylaxis Child

I understand that it is my responsibility as Parent/Guardian to provide on the day of the excursion an additional epipen for my child, should staff need to administer a second dose. The epipen will be given to the teacher on the morning of the excursion.

My contact telephone number on the day is: \_\_\_\_\_

### Parent helper details:

I am available to assist during the House Athletics Carnival

Parent/Guardian Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **\*\*\*\*\*Permission Form Return & Payment\*\*\*\*\***

**Payment and permission forms need to be received by the school no later than 10am the day before the excursion or at a time stipulated on the permission form.**

- No payment will be accepted after this time due to the processing requirements for the following day
- **Failure to make payment by 10am the previous day will result in students not being taken on the excursion, unless prior arrangements have been made**
- **Money will not be accepted on the morning of the excursion**
- **Students without signed permission forms will not be taken on the excursion**

Parents are welcome to contact the office regarding payment requests for optional activities. Alternative payment options are generally available. Refer to the 'Parent Payment Policy' for detailed information on payment of optional activities.