



St Monica's Primary School

North Parramatta

7th March 2018

Dear Parents/Guardians,

On **Tuesday 20th March 2018**, St Monica's will be holding our annual Cross Country Carnival. We require all students in **Stage Two and Stage Three** to attend this exciting event. We also invite **students turning 8 years of age this year** to participate if they wish. Please consider that this is a 2km event and whether your child will be able to complete the distance. As we will be walking to Lake Parramatta, it is important that children are well equipped and prepared in case of various weather conditions. In case of a hot day, we recommend plenty of water and sun protection to prevent heat exhaustion.

In order for your child/children to prepare for the cross country, the class teachers are providing the students time to practise as the day can be quite physically demanding.

Where: Lake Parramatta (On the top grassed area before the main gates.)
When: **9:20am on Tuesday 20th March 2018.** (We will finish at approximately 11:00am)
Who can attend: Stage Two, Stage Three and students turning 8 (optional) will be taking part and we welcome all parents, guardians and friends to come along and enjoy the day with us.

What to bring:

- A hat and protective clothing
- Sunscreen
- Plenty of water to drink
- Medical Supplies if required. E.g. asthma puffers/spacers, epipens etc (Although we will have a medical kit with us, it is more hygienic for your child/children to supply own medical supplies.)

This will be a local excursion, so please ensure that your child has completed the local excursion permission slip, which was handed out at the beginning of the term.

All parents are invited to assist with the morning.

- ❖ **Please note that parent helpers must have completed the Child Protection Training Program.**

Please go to: <http://www.parra.catholic.edu.au> then scroll down to 'Volunteers and Contractors – click here'
Both the **Volunteer Form** and the **Online Training Module** must be completed.

Thank you for your help and I am sure we will all have a terrific day!

Regards,
Mrs Erin Werner

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School Cross Country – Tuesday 20th March 2018

Please return to Mrs Werner by Friday 16th March

My child _____ would like to participate as he/she is **turning 8 years old this year**.
PRINT NAME

I _____ am able to help with the **Cross Country Carnival** on **Tuesday 20th March 2018**.
PRINT NAME

I have completed the Child Protection requirements.

Child/children's name/s: _____ **Homeroom:** _____

Phone contact details in case of cancellation or change of plans: _____

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