25th February 2015

Dear Parents/Guardians,

On Friday 13th March, 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. 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: 9:45am on Friday 13th March. (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.
Distances: 8/9/10 years – 2km 11/12 years – 3km
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.)

We also invite you to attend your child’s Dance Fever: Athletics session which will be held in the afternoon as part of our celebration of Catholic School’s Week. Details are in the school newsletter.

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.

If you would like to assist in any aspect of the Cross Country Carnival please complete the slip below and return it to Mrs Turner by Friday 6th March.

❖ Please note that parent helpers must have completed the Child Protection Training Program.
Your help would be greatly appreciated as we have many jobs to be filled!
Thank you for your help and I am sure we will all have a terrific day!

Regards,
Mrs Erin Turner

Please return to Mrs Turner by Friday 6th March 2015.

I _______________________ am able to help with the Cross Country Carnival on 13th March 2015.

(PRINT NAME)

Child/children’s name/s: __________________________ Homeroom: ________________

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