Dear Parents,

The Rosary Primary School Cross Country Carnival for 2013 will be held on the above date. We hope that this day will mirror the success of our Swimming Carnival, in that as many people as possible will feel welcome to join us in celebrating the improving fitness of all of our children. This carnival works well with the support from parents on the day who can assist with setting up the course, course direction, recording results and marshalling. If you are able to help, please fill in the offer of help section on the permission note attached. Permission slips to be returned to your child’s class teacher by Friday 15th March.

Grades 2-6 will be involved in the carnival in the early morning session of the day. This year the Cross Country Carnival will be held at Stromlo Forest Park purpose built running track. We will be leaving school promptly after assembly and travelling by bus to Stromlo. Races will begin by 10am. We anticipate that we will return to school for lunch and afternoon lessons as usual. Costs are covered by the excursion levy.

Please fill in and sign the attached permission slip.

As part of the whole school’s Physical Education Curriculum all children are being encouraged to slowly build up their personal fitness. Therefore, all children are expected to participate in this event to the best of their ability. Your continuing support in speaking to your children about the need for a positive attitude towards physical fitness is invaluable.

| Your child’s class teacher will advise when practice for cross country will begin at school. When this occurs, please assist with reminding your child to bring their runners to school each day (in a plastic bag) so they can participate in running training and build their fitness ready for the event. |

Successful runners will be selected for to compete in the North Gungahlin PSSA Cross Country Carnival. The PSSA distances are as follows:

- 7/8 Years – 1000 metres
- 9 Years – 1500 metres
- 10 Years – 2000 metres
- 11/12/13 Years – 3000 metres

| Each child will need to bring to the carnival |

- Morning tea
- A water bottle
- A towel or blanket to sit on
- Medication if required (e.g. asthma reliever)
- Hat and sunscreen
- Sports jacket/track pants if it is a cool day

The carnival will only be cancelled in the event of heavy rain. We look forward to another successful Cross Country Carnival.

If you have any further questions, please do not hesitate to contact any member of the Cross Country Committee or indeed your child’s teacher.

Many thanks,
Philippa Brotchie, Liz Higgins, Beth Toole
Rosary Primary School
CROSS COUNTRY CARNIVAL

permission Note
To be returned before Friday 5th March

I give my permission for __________________________ in class _______________ to travel by bus to and from the Stromlo Forest Park and participate in the Rosary School Cross Country Carnival on Monday 6th May 2013.

CONSENT TO MEDICAL ATTENTION: In the case of an emergency, I authorise the teacher in charge, where it is impracticable to communicate with me, to arrange for my child to receive such medical attention as may be deemed necessary. I also undertake to pay costs which may be incurred for medical attention, ambulance transport and medication while the child is on the excursion.

Signed __________________________ Phone Contact __________________________

Print Name __________________________

(Teachers, please keep the permission slip with your class roll and return any offers of help to the front office in the class note bag.)

Offer to Help

<table>
<thead>
<tr>
<th>I am able to help set up the course on the day (Start around 9.00am)</th>
<th>I am able to write ribbons prior to the day.</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ (Please tick)</td>
<td>□ (Please tick)</td>
</tr>
</tbody>
</table>

I am able to assist as a course marshal/recorder on the day. (We need at least 25 helpers on the day)

□ (Please tick)

Volunteers name (please print) ______________________________________________________

Child’s name __________________ Class ________________________________

Phone __________________________