



Merimbula Public School



Wednesday, March 9, 2016

Cross Country Permission Note

Dear Parents and Caregivers,

Stage 2 and 3 students at Merimbula Public School (and children turning 8 this year that wish to compete) will be involved in the annual school Cross Country run to be held at *Berrambool Sporting Complex* on **Tuesday, April 5th 2016**. The run is part of our Physical Education program and the students have been participating in activities to prepare them for this event. The only students who will be exempt from participation are those students with a medical condition and an accompanying written note.

The Cross Country run will commence at 11.30am and conclude at approximately 1.00pm. Students will be walking to and from Berrambool Oval with teacher supervision. Students are to wear school uniform or light-weight running clothing, **running shoes** and a hat. Please bring a labelled water bottle and asthma medication if appropriate.

In the event of rain the Cross Country run will be held on ***Wednesday, April 27 2016***. This permission note will cover any change in date (ie due to weather).

Parents are welcome to assist on the day as volunteers at check points or to be a spectator.

lunch and recess will be held at school.

If you have any questions please see you child's class teacher.

We are all looking forward to having a fun day.

Thank you.

Mrs Brewer

Cross Country Co-ordinator

Cross Country Permission- Return to class teacher by Friday, March 18 2016

I hereby give permission for _____ of class _____ to participate in the Merimbula Public School annual Cross Country run at Berrambool Sporting Complex on Tuesday April 5, 2016. I understand that in the event of rain or a date change, the Cross Country run will be held on Wednesday, April 27 2016. I am aware that my child will be walking to and from the venue with teacher supervision.

I am able to volunteer on the day at a checkpoint YES / NO

My child suffers from the following medical issues: _____

Parent/Carer Name _____ Signature _____ Date _____



Education &
Communities

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Sapphire Coast Learning
Community!