



Merimbula Public School



Tuesday, March 6 2018

Cross Country Permission Note

Dear Parents and Caregivers,

Stage 2 and 3 students (and Year 2 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 **Wednesday, April 4 2018**. The run is part of our Physical Education program. 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 11.30 am and conclude at approximately 1.30 pm. 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, asthma medication (if appropriate), sunscreen and a snack for recess.

In the event of rain or extreme heat the Cross Country run will be held on ***Wednesday, April 11 2018***. This permission note will cover any change in date due to weather.

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

An early lunch will be held at school and students will have recess whilst at Berrambool.

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 23 2018

I hereby give permission for _____ of class _____ to participate in the Merimbula Public School annual Cross Country run at Berrambool Sporting Complex on Wednesday, April 4 2018. I understand that in the event of rain the Cross Country run will be held on Wednesday, April 11 2018. 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 name: _____
Parent signature _____ Date _____

