



ACT
Government



Forrest Primary School
9 Hobart Avenue, Forrest ACT 2603
Phone: 02 6142 1470
Email: forrestps@ed.act.edu.au
Website: www.forrestps.act.edu.au

Tuesday 12 March 2024

FORREST PRIMARY SCHOOL CROSS COUNTRY CARNIVAL

EXCURSION INFORMATION FOR PARENTS / CARERS

Dear Parents and Carers,

The Forrest Primary School Cross Country Carnival will be held on Wednesday 10 April at Stromlo Forest Park. It is an exciting, action-packed day of running and/or walking, music, dancing and amazing community spirit. Students in Years 2 – 6 are encouraged to participate in the carnival, as it is part of their Health and Physical Education programme. It will also allow for the selection of a team to represent Forrest Primary School at the South/Weston Cross Country Carnival.

Date: Wednesday 10 April

Time: 9:15am depart Forrest Primary School, 1:45pm return to Forrest Primary School

Place: Stromlo Forest Park

Transport: bus

Wear: house colours with running shorts (Cook – blue, Dampier – yellow, Flinders – red, Phillip – green)

Bring: lunch, snacks, drink bottle, hat, sunscreen and weather suitable clothing

There will be no canteen at the venue.

Students are not to bring balls or electronic games.

Cost: \$10.00

Coordinating teacher: Mark Robson

Permission note due date: Friday 5 April

Attendance at this excursion is optional. Schools may offer or facilitate specific optional items, activities and services for which parents are required to pay if they want their child to access them. These excursions are classified as optional enrichment programs. If you do not wish your child to attend then a program will be available at the school. Parents who wish their child to attend can pay the full amount within the given timeframe, or alternatively, make arrangements to make regular payments through an agreed payment plan. Cases of hardship should be referred to the Principal for confidential assessment.

Contingency: If the excursion does not go ahead due to unforeseen circumstance a return will be issued.

Behavioural expectations: Staff accompanying students on excursions will take all reasonable care while the students are in their charge to protect them from injury and to control and supervise their behaviour and activities. Parents should be aware that staff members are not responsible for injuries or damage to property, which may occur on an excursion where, in all circumstances, staff have not been negligent. Parents should warn children of the risks to themselves, to others and to property, of impulsive, wilful or disobedient behaviour. Students who indulge in such behaviours may be sent home.

Kind Regards,

Mark Robson
Sports Coordinator



Forrest Primary School
9 Hobart Avenue, Forrest ACT 2603
Phone: 02 6142 1470
Email: forrestps@ed.act.edu.au
Website: www.forrestps.act.edu.au

FORREST PRIMARY SCHOOL CROSS COUNTRY CARNIVAL

EXCURSION INFORMATION FOR PARENTS / CARERS

DISTANCES

Students will run the following distances based on their age group:

7/8 years – 1000m (short circuit)

9 years – 1500m (short circuit + hill loop)

10 years – 2000m (short circuit twice)

11/12 years – 3000m (short circuit + hill loop, twice)

A map of the course is located on the last page.

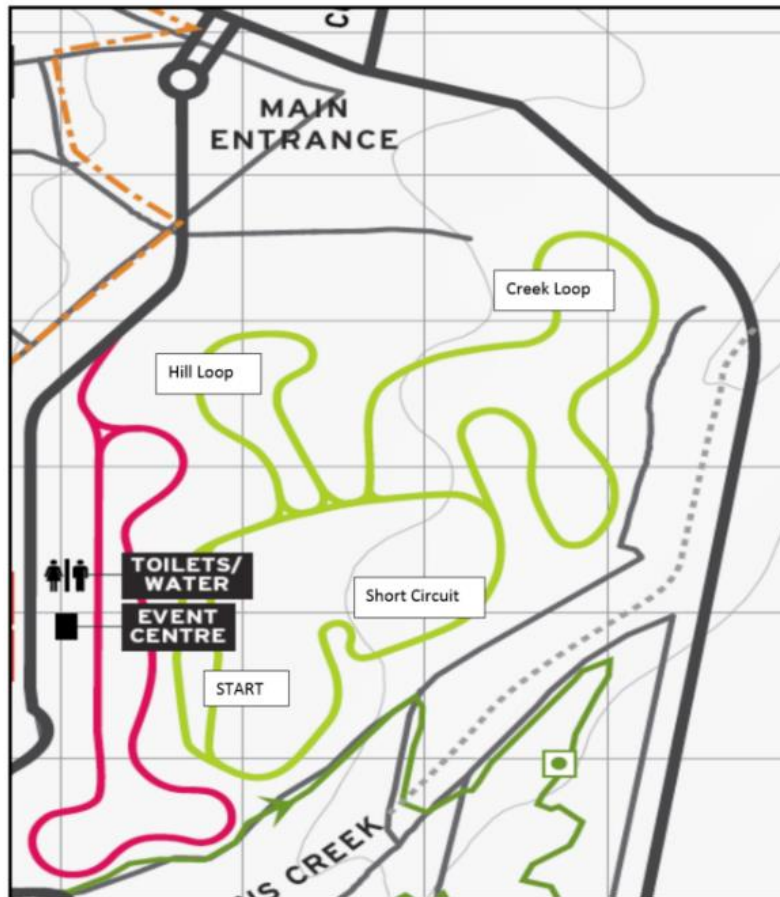
Age is based on the age students are turning in 2024. E.g. 10 years = born in 2014

ORDER OF EVENTS

This is a guide only; events may run early or late by up to 30 minutes

10:00am	Track walk
10:30am	11 years girls 3km
10:40am	11 years boys 3km
10:50am	8 years girls 1km
11:00am	8 years boys 1km
11:10am	7 years mix 1km fun run
11:20am	Lunch
11:50am	12 years girls 3km
12:00pm	12 years boys 3km
12:10pm	10 years girls 2km
12:20pm	10 years boys 2km
12:30pm	9 years girls 1.5km
12:40pm	9 years boys 1.5km
12:50pm	Pack up and ribbon presentations
01:30pm	Bus back to school

Stromlo Forest Park Course Map and Distance Loops





Forrest Primary School
 9 Hobart Avenue, Forrest ACT 2603
 Phone: 02 6142 1470
 Email: forrestps@ed.act.edu.au
 Website: www.forrestps.act.edu.au

PERMISSION NOTE – please return by Friday 5 April

I give permission for my child _____ in class _____ to attend the **Forrest Primary School Cross Country Carnival** as outlined in the Excursion Information for Parents / Carers (including contingency plans).

I agree to my child participating in the activities associated with this excursion mentioned previously. I have discussed with my child the need for expected behaviour on this excursion. I authorise the school to make arrangements for the welfare of my child (including medical or surgical treatment) in an emergency and I agree to meet the associated costs. I have provided to the school all medical information relevant to my child attending this excursion.

I agree that my child will be under the authority of the school for the duration of the excursion and that the school is authorised to return my child to school or home at my expense if the school considers that circumstances warrant such action. I give permission for my child to travel by private car, driven by a staff member or parent, in an emergency.

The *Medical Information and Consent Form* must be completed annually, prior to the first excursion of the year. Have you completed a *Medical Information and Consent Form* this year? (If not, please collect a form from the front office).

Yes No

Will your child require medication to be administered during the excursion?

Yes No

If yes, please complete a *Permission to Administer Medication* (available from the front office).

Is there any additional information you need to provide to support your child’s participation in this excursion?

Yes No

If yes, please provide these details below.

Medicare number: _____

Private health fund & membership number (if applicable): _____

Parent / Carer name: _____

Signature: _____ Date: _____

FORREST PRIMARY SCHOOL CROSS COUNTRY CARNIVAL

PAYMENT NOTE – please return by Friday 5 April

The excursion cost is \$10.00

Student name: _____ Class: _____

I am paying the amount of: \$ _____

Payment methods are either:

QuickWeb is the preferred payment method for Forrest Primary School. Access the method either through www.forrestps.act.edu.au or using the QR Code below.

Please use the fee code: **CC24**

Receipt number: _____

Or



At the school office using either EFTPOS or Cash (please provide the correct money)