



Tuggerah Public School

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18 Mar 2025

Dear Parent / Carer,

Cross Country Carnival

Tuggerah Public School's Cross Country Carnival will be held for all students aged 8 - 13 years (including Year 2 students who will be turning 8 this year). Our school values school sport carnivals and the role they can play in supporting the wellbeing of students and their connection to school. The annual school cross country carnival is a school event, and all students are expected to attend the carnival.

Date: Friday 4th April 2025

Start Time: 9.15am End Time: 11.00am

Venue: School Cross Country Course

Permission Note due no later than: Monday 31st March, 2025

What to bring / clothing:

Students are to wear full sports uniform including sport shorts, school sport t-shirt and a hat. Please bring a drink bottle and apply sunscreen before leaving home.

**** IF YOUR CHILD REQUIRES AN ASTHMA PUFFER, THEY MUST CARRY THIS WITH THEM AS THEY RUN ****

Food: Students to bring recess and lunch as normal (usual school day)

Event Information:

Running order of age groups

- | | |
|----------------------------|-----------------------|
| 1. 8yr boys (born in 2017) | 2. 8yr girls (2017) |
| 3. 9yr boys (2016) | 4. 9yr girls (2016) |
| 5. 10yr boys (2015) | 6. 10yr girls (2015) |
| 7. 11yr boys (2014) | 8. 11yr girls (2014) |
| 9. 12yr boys (2013) | 10. 12yr girls (2013) |

Zone rules state that 8 year old and 9 year old students run together as do 12 year old and 13 year old students. The top 8 finishers in all events will qualify for the zone team.

Children aged 8/9/10 years run 2km and children aged 11/12/13 years run 3km.

Students have been lightly training for this event during sport time and PE lessons.

Many thanks.

Mrs Drew
Activity Organiser

Sharlene Percival
Principal

Accident insurance information

In the event of injury, no accident or medical insurance cover is provided by the NSW Government Treasury Managed Fund for students participating in school sporting activities, physical education lessons or any other school endorsed activity, unless there is a breach of duty of care by department or school staff. The NSW Department of Education is insured to meet the financial impact of any legal liabilities arising from its activities. It does not provide, nor has it ever provided, accident or medical insurance for students enrolled in government schools.

Concussion management

When a student enrolled in a government school is diagnosed with concussion, the principal must be advised in writing as soon as the diagnosis is confirmed. Students may only return to sport and physical activity once a medical clearance has been provided to the school and, if at a school sport event, to the supervising teacher.

Any student that experiences a suspected concussion during a school-endorsed activity, will be removed from the activity and parents/carers will be advised that a medical follow-up is required.

If medical clearance is not provided, the student cannot participate in vigorous or competitive school sport or physical activities for 21 days from the concussion date.

Return permission slip to the office by Monday 31st March 2025.

I give / do not give permission for _____ of class _____ to attend the Cross Country Carnival to be held on the School Cross Country Course on Friday, 4 April 2025.

- I acknowledge that my child will receive first aid or medical care during the event if required. The NSW Ambulance Schools and Group Cover Scheme 2024 (ASGCS) is an insurance policy that provides coverage for emergency ambulance services to NSW public school students attending approved, fully supervised school activities.
- I acknowledge my child has no medical condition or injury that places them at risk by participating in this event.
- I can confirm that I understand that, in the event of injury, no personal injury insurance cover is provided by the NSW Department of Education for students in relation to school sporting activities, physical education lessons or any other school activity.
- If my child is diagnosed with concussion at any time, I must inform the school and provide a medical clearance to support their return to sport and physical activity. If my child experiences a suspected concussion during a school activity, they will be removed from the activity and medical follow-up recommended.

Signed (parent/carer): _____ Date: _____

Parent's daytime contact no.: _____

Please list any medical issues we need to be aware of in relation to this activity: