



Seven Hills High School

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Excursion Note			
Excursion:	Year 7 and 8 Surf Life Saving		
Purpose:	Aquatics – Beach Safety		
Subject/s:	PDHPE		
Venue	Elouera Beach, Cronulla		
Date of Excursion	Year 8 – Monday 7 th March 2022 Year 7 – Thursday 10th March 2022		
Departure Time:	8.00am	Return Time:	3pm
Students will depart from:	SHHS		
Students will return to:	SHHS		
Travel / Transport will be by:	Coach		
Dress Requirements:	Full sports uniform, swimmers, towel, sunscreen, hat, lunch and recess, thongs (for the beach only)		
Cost:	\$40	Payment Due by:	Monday 21 st February
Supervising Teacher/s:	Ms Luscombe, Mr Nguyen, Ms Attard, Mr Griffiths, Ms Frew, Ms Dutt		

We strongly encourage your child to attend this activity, as it will be a positive and valuable learning experience. The signed permission note must be returned with any monies to the front office.

PRINCIPAL
Mr G Johnstone
Date:

Head Teacher
Mrs V Thurlow
Date:

Permission Note / Medical Details		
I do / do not consent to my child _____ participating in an excursion to _____ on _____		
I understand and agree to the requirements and arrangements as stated on the excursion note.		
I Give permission for my child's photograph to be captured by Blacktown City Council and to be published in Blacktown City Councils newspaper. Special Needs, allergies or medical condition/s that the school should be aware of : _____		
Has the school been provided with an individual health plan or emergency response plan for this condition? Please circle: YES or NO		
I give / do not give permission for my child to receive medical treatment in case of emergency.		
Medicare No:	Expiry Date:	Card Reference No:
Signature of Parent / Guardian: _____		Date: _____
Parent Contact: _____	Email: _____	Phone: _____

Water or swimming activities - advice
The excursion will involve the following water or swimming activities: swimming in the surf, lifesaving and rescues
These activities will take place at: Elouera Beach Cronulla
The school will provide the following flotation devices to students who may require assistance in the water: kickboards and noodles
Water or swimming activities - response
In relation to the proposed water or swimming activities, I advise that my child is a: (please tick one) <input type="checkbox"/> strong swimmer (more than 100m) <input type="checkbox"/> average swimmer (more than 25m) <input type="checkbox"/> poor swimmer (less than 25m) <input type="checkbox"/> non-swimmer
I advise that my child requires the following flotation device to assist him/her in the water: _____
I undertake to provide this device so that my child can participate in the excursion. Yes / No
I give / do not give permission for my child to participate in the water or swimming activities.

