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16 November 2019

**Sport for Years 7-9  
Term 4, Week 8 2019 – Term 1, Week 7 2020**

The sports program that Year 7-10 students will undertake in 2019 reflects the multidimensional nature of health and physical activity in the context of a diverse and changing society.

Personal Development, Health and Physical Education contribute significantly to the cognitive, social, emotional, physical and spiritual development of students. It provides opportunities for students to learn about and practice ways of adopting and maintaining a healthy, productive and active life.

Our aim is to promote the value of physical activity in their lives.

To achieve this aim LHCS have entered the Port Hacking Zone Grade Sport Competition and offered recreational sports.

Unfortunately there can be NO CHANGE/MOVE to sport rolls once students have chosen their term's sport due to commitments with venues, facilities and services, transport arrangements and staff allocation.

It is imperative that students have their permission notes in by **Friday 28 November 2019**. The permission note **must be handed to Mr Knight**. Please do not return to the office as they often do not make it in time to the teacher on the sport and no one can leave the school without parental permission.

The appropriate amount of money required each week will be collected as they board their sport bus and/or at the sporting venue.

Students with an injury preventing them from attending their regular sport are to report to Mr Knight on Thursday morning **BEFORE ROLL CALL**. Their names will be recorded to attend the non-sport group. This provides an opportunity for students to conduct individual research or complete homework.

**EARLY LEAVERS PASSES:**

Students requesting Early Leavers Passes on Thursday afternoon are to take a signed and dated note to Mr Foti or Mr Conlan **BEFORE ROLL CALL**. Permission for Early Leavers Passes will only be given for specialist appointments which cannot be made outside school hours or extenuating circumstances. Could parents/guardians please provide the **name of the Specialist/Doctor and a contact number** on the note and an emergency contact number for Thursday afternoon.

**Please note that sport will change on Thursday 5 December (Term 4, Week 8).**

**Recreational Sport (weekly cost):**

<b>SPORT</b>	<b>VENUE</b>	<b>BUS COST</b>	<b>SPORT COST</b>	<b>TOTAL COST</b>
Golf **	The Ridge	-	\$9	\$9
School sport	LHCS	-	-	-
Indoor Soccer	Menai Indoor Sports Centre	\$7	\$4	\$11
School Gym	LHCS	-	\$4	\$4
Table Tennis	LHCS	-	-	-
RC Club	LHCS	-	\$2	\$2

**\*\* Please note that students who choose golf will be walking to the Ridge.**

Please complete the attached permission slip including any relevant medical condition information as applicable.

Thank you for your co-operation.

Yours sincerely

Mr B. Knight  
**7-12 Sports Coordinator**

Mrs J Perkins  
**Principal**

**LUCAS HEIGHTS COMMUNITY SCHOOL**

**SPORT PERMISSION SLIP**

**PART A**

I give my child ..... of class .....  
permission to participate in ..... (sport) travelling by  
bus where necessary **and I am aware of the weekly costs.**

**PART B**

I also give my child permission to: (please indicate by ticking one box)

- Return to school / complete sport and dismissed – this would cover the student completing their school sport activity and returning to school on sport buses whereupon they would be dismissed at 2.40pm and must leave the school grounds immediately.
  
- Return to school / complete sport and remain under supervision until the bell – students return to school and are supervised on school grounds until 3PM bell.

**PART C**

Please be aware of my child’s medical condition (please specify)

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**PLEASE NOTE:** There will be **NO CHANGES** made to sport rolls once students have chosen their term sport, due to commitments with venues / facilities / services, transport arrangements, costs and staff allocations.

Parent/Guardian ..... (signature)      Date: .....