# reflectiveB&W_NC**QUAKERS HILL HIGH SCHOOL**

70 Lalor Road, Quakers Hill NSW 2763 **PHONE**: (02) 9837 1533 **FAX**: (02) 9837 1747

**E-MAIL**: quakershil-h.school@det.nsw.edu.au

**PRINCIPAL**: Ms Lauretta Claus

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# **YEAR 7 SWIM AND SURVIVE – INFORMATION SHEET**

Dear Parent /Guardian

This term the PDHPE Staff will be conducting a Swim & Survive Lifesaving Program for Year 7 students. It will cater for all levels from non-swimmers to competent swimmers. Aquatics is a compulsory component of the Year 7 PDHPE program and all students are expected to attend. There will be NO formal lessons at school for Year 7 during this week. The emphasis is on personal survival and rescue techniques. In a country where there are so many drownings at the beach and in backyard pools it is of great importance that our students are confident in and around water.

**Dates:** Monday 19 to Friday 23 November 2012 (inclusive) at Blacktown Pool, Boyd Street, Blacktown.

**Times:** Roll call as normal. Students will then be transported to the pool by bus. Students will return to school by 3:00pm.

**Cost:** $60 – Swim & Survive Award $65 – Bronze Star (approval required-see Mr Barry) Cost includes pool entry, bus fare and awards from the Royal Lifesaving Australia.

**Requirements:**

* School uniform is not required but students are expected to be appropriately dressed eg T-shirt, shorts and footwear.
* Towel, swimmers and warm clothes (tracksuit)
* 30+ sunscreen, hat, additional T-shirt to wear in the pool.
* Some students will be required to bring and wear additional clothing into the water as part of their award, however, their instructor will inform them accordingly.

**Other:**

* Students will be supervised at all times by staff however staff will not be responsible for large sums of money or valuables.
* Canteen facilities will be available during recess and lunch times.
* All students are required to follow the **SMART** expectations of QHHS for the duration of the Swim and Survive program. Failure to comply may result in exclusion from the program without refund.

Please complete the permission slip attached and return it with payment to the school office by Friday 9 November 2012.

Mr D. Blench

Head Teacher PDHPE

12 October 2012

# reflectiveB&W_NC**QUAKERS HILL HIGH SCHOOL**

70 Lalor Road, Quakers Hill NSW 2763 **PHONE**: (02) 9837 1533 **FAX**: (02) 9837 1747

**E-MAIL**: quakershil-h.school@det.nsw.edu.au

**PRINCIPAL**: Ms Lauretta Claus

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**YEAR 7 SWIM AND SURVIVE – PERMISSION NOTE**

Student Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Class: \_\_\_\_\_\_\_\_\_\_\_\_

To help us formulate the groups for activities at the pool we need an INDICATION of your child’s swimming ability. This is not a final determination as all students will be tested on the first morning at the pool and adjustments to groups made as necessary. Please indicate on the list below what you believe to be your child’s ability.

□ Cannot swim at all

□ Can swim 5 metres but not across the pool

□ Can swim 10 metres but not 25 metres (half the length of the pool)

□ Can swim 25 metres but not 50 metres (full length of the pool)

□ Can swim 1 lap (50 metres)

□ Can swim 2 laps (100 metres)

□ Can swim 4 laps (200 metres)

I give permission for my son/daughter to attend the Year 7 Swim & Survive Program at Blacktown Pool from 19 November to 23 November 2012. I understand transport to and from the pool is by bus.

PDHPE Theory Teacher (Please circle):

Kelly / Somerset / Ghobrial / Longstaff / Barry / Nash / Liversedge

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Emergency Contact #1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact #2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## OFFICE USE ONLY 044 - 330 $60.00 / $65.00