



# St Joseph's School, Northam

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Primary Campus: Lance Street – Telephone (08) 9621 3500  
Secondary Campus: Wellington Street – Telephone (08) 9621 3550

Dear Parents

## Meckering Cross Country

Your child has been selected to represent St Joseph's School in the Meckering Cross Country event that will be held on Friday August 20 at the Meckering Showgrounds/Golf Course. All students will return to School in time for normal dismissal at 3.05pm. The event will start with the Secondary Year 9/10 race.

### Details:

**When:** Friday August 20, 2021  
**Location:** Meckering Agricultural Showground/ Golf Course  
**Depart:** 8.45am sharp from school for a 9.30am walk around the course  
**Event Starts:** 10.15am sharp  
**Return:** 3.00pm (to school)  
**Uniform:** School's Interschool Sports Uniform (this includes the Interschool T/shirt) and please pack additional dry uniform and footwear. Students must wear shoes to compete and cannot run while listening to music

### Race Distances:

Order of Events	Distance	Approximate Start Time
Walk the Course		9.30am
Year 9/10 Girls	3000m	10.20am
Year 9/10 Boys	3000m	10.40am
Year 7/8 Girls	2500m	11.00am
Year 7/8 Boys	2500m	11.15am
Year 5/6 Girls	2000m	11.30am
Year 5/6 Boys	2000m	11.40am
Year 3/4 Girls	1500m	11.55am
Year 3/4 Boys	1500m	12.05pm
Year PP - 2 Girls	1000m	12.15pm
Year PP - 2 Boys	1000m	12.25pm
Open Girls	4000m	12.35pm
Open Boys	4000m	1.00pm
Presentations		2.00pm

**Order of Events:** This program with distances and approximate start time is from previous years. Times are a guide only.

**Extra Information:** There will be no place to refill water so please bring adequate bottled water, recess and lunch for the day. Meckering Primary School's P&C will be selling tea/coffee and cake throughout the day.

**As per the guidelines provided by the Meckering Cross Country Committee, parents and spectators need to remain in the spectator area on the opposite side to the student bays.**

Please sign and return the attached permission slip by Friday August 6.

Yours sincerely

Carrie Frost  
Primary PE Coordinator

Adrienne Suckling  
Secondary PE Coordinator

Michelle Christian  
Head of Primary

July 30, 2021

**ST JOSEPH'S SCHOOL NORTHAM**  
**EXCURSION AND MEDICAL PROFORMA**

FULL NAME OF STUDENT: \_\_\_\_\_

I \_\_\_\_\_ [please print] give my permission for my child, as named above, to attend the **Meckering Cross Country** event on **Friday August 20, 2021**.

In the event of my child requiring medical attention and I am unable to be contacted, I give permission for Mrs Nicki Parker and Mrs Michelle Christian, or in their absence a suitable staff representative, to seek such assistance.

\_\_\_\_\_  
Parent/Guardian Signature

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

**MEDICAL ADVICE (Please write in Nil if not applicable)**

I wish to alert staff that my child, as named above:

[a] Suffers from and requires the following medication:

Illness	Medication	Dosage	Timing of dosage	Other Information

[b] Is allergic to the following foods / medicines / factors

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

[c] is prone to travel sickness?                      Yes / No

**EMERGENCY CONTACTS**

<u>Name</u>	<u>Relationship</u>	<u>Phone Numbers</u>

**This form must be returned to school by Friday August 6, 2021.**