Dear Parents/Guardians,

**YEAR 11 SPORT 2013**

It is the policy of the NSW Department of Education and Training and this school to provide a range of educational experiences for each student that includes school sport. Sport is a mandatory part of the curriculum for students in Years 7 - 11 in NSW Government Schools with a specified number of hours that must be completed.

In 2013, Year 11 will participate in sport each Tuesday afternoon in periods 4 and 5. Students will be able to select their sport for each term (subject to numbers available). Students will make their sport selections via Moodle during week 10 and 11 this term. The school offers sport activities both at school (most with no cost) or away from school requiring additional transport, instructor and/or venue costs.

**Term 1-3 Sport Details:**
The process for selection is as follows:

- Students will make their sport selections via Moodle during weeks 10 and 11
- Once they have made their selections online, students need to return their signed form and payment to the yellow box at the cashier by Friday 1st February, 2013. Spare notes can be collected from the PDHPE staffroom or downloaded from Moodle. Students choosing Zumba, Yoga, Lawn Bowls and/or Croquet must pay the term sport costs before sport commences on Tuesday 5th February, (Week 2 Term 1) 2013. Students will be invoiced for these sports.

The sports available for selection:

<table>
<thead>
<tr>
<th>Sport</th>
<th>Venue</th>
<th>Travel</th>
<th>Weekly Cost</th>
<th>Term Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group Fitness – Cycle/Pump/Body</td>
<td>Fitness First Hornsby</td>
<td>Train</td>
<td>* Train Fare</td>
<td><strong>Term 1: $5 x 10 weeks = $50</strong></td>
</tr>
<tr>
<td>Attack (Instructor)</td>
<td>* Need a towel and water bottle each session</td>
<td></td>
<td></td>
<td><strong>Term 2: $5 x 7 weeks = $35</strong></td>
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<td></td>
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<td></td>
<td></td>
<td><strong>Term 3: $5 x 8 Weeks = $40</strong></td>
</tr>
<tr>
<td>Zumba (Instructor)</td>
<td>Fernwood Hornsby</td>
<td>Train</td>
<td>* Train Fare</td>
<td><strong>Term 1: $5 x 10 weeks = $50</strong></td>
</tr>
<tr>
<td></td>
<td>* Need a towel and water bottle each session</td>
<td></td>
<td></td>
<td><strong>Term 2: $5 x 7 weeks = $35</strong></td>
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<td></td>
<td></td>
<td></td>
<td><strong>Term 3: $5 x 8 Weeks = $40</strong></td>
</tr>
<tr>
<td>Yoga (Instructor)</td>
<td>School</td>
<td>Nil</td>
<td>_</td>
<td><strong>Term 1: $6 x 10 weeks = $60</strong></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>Term 2: $6 x 7 weeks = $42</strong></td>
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<td></td>
<td></td>
<td><strong>Term 3: $6 x 8 Weeks = $48</strong></td>
</tr>
<tr>
<td>Lawn Bowls (Instructor)</td>
<td>Cheltenham Recreation Club</td>
<td>Walk</td>
<td>_</td>
<td><strong>Term 1: $6 x 10 weeks = $60</strong></td>
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<td></td>
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<td></td>
<td></td>
<td><strong>Term 2: $6 x 7 weeks = $42</strong></td>
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<td></td>
<td></td>
<td></td>
<td><strong>Term 3: $6 x 8 Weeks = $48</strong></td>
</tr>
<tr>
<td>Croquet (Instructor)</td>
<td>Cheltenham Recreation Club</td>
<td>Walk</td>
<td>_</td>
<td><strong>Term 1: $6 x 10 weeks = $60</strong></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>Term 2: $6 x 7 weeks = $42</strong></td>
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<td></td>
<td></td>
<td><strong>Term 3: $6 x 8 Weeks = $48</strong></td>
</tr>
<tr>
<td>Fitness</td>
<td>School Fitness Centre</td>
<td>Nil</td>
<td>_</td>
<td>_</td>
</tr>
<tr>
<td>Powerwalking</td>
<td>Local Area</td>
<td>Nil</td>
<td>_</td>
<td>_</td>
</tr>
<tr>
<td>Netball/Volleyball</td>
<td>School Courts</td>
<td>Nil</td>
<td>_</td>
<td>_</td>
</tr>
</tbody>
</table>

- Train to Hornsby leaves Cheltenham station at 1.17pm. Students are encouraged to purchase a ticket before school as there will be a number of classes travelling by train. Students at Fitness First and Fernwood will be dismissed from the venue at the conclusion of class at approximately 2.45pm
Dates for Sport:

Sport will begin on Tuesday February 5, 2013. Year 11 do not participate in sport on a Tuesday afternoon in Term 4 unless they are a part of the Targeted Sports Program for 2013.

Sport Uniform:

Students are required to change into their full school sports uniform for each session. Students are required to change back into their school uniform before returning home. A copy of the uniform policy is attached to this letter.

Attendance at Sport on Tuesday afternoons:

- Dental, medical and other appointments for students should NOT be made for sport afternoons.
- In general, students will not be granted early leave on sport afternoons.
- Students who are unable to participate in sport because of injuries or medical conditions need to bring a note from home explaining their situation. Parents/caregivers will be required to provide a note explaining the circumstances or medical conditions that prevent students' participation in sport. This must be presented to either Ms Harriman or Miss Wade on a Tuesday morning before sport or in the days leading up to sport day. It will be signed, recorded and given back to students to present to their sport teacher in period 4.
- Attendance at sport will be closely monitored by the Head Teacher PDHPE, Ms Harriman. Students who cause concern in regard to attendance, participation and performance will be interviewed to discuss progress in sport. Letters of concern will be sent home to parents/guardians. In some cases, parents/guardians will be invited to the school to discuss their daughter’s progress in sport.

Wet Weather on Sport Days:

A decision regarding wet weather will not be made until recess on a Tuesday. Students must be prepared for sport each week, regardless of the weather. In the event of wet weather or a venue being unavailable on a particular day an alternate sport program may run. This will involve house sports at school or at Cheltenham Oval.

Parent/Guardian Consent and other required information:
Please return the attached permission note and payment (if applicable) to the cashier by Friday 1st February, 2013.

Yours sincerely,

Ms A Harriman  
Head Teacher PDHPE

Mrs S Bridge  
Principal
All students are expected to bring a change of clothing for practical lessons. This change of clothing will include:

**SUMMER UNIFORM**

- Light blue polo shirt or new light blue and maroon polo shirt
- Maroon shorts
- Light blue socks
- Supportive running or cross trainer sports shoes
- Cap or hat (preferably the school sport hat).

**WINTER UNIFORM**

- Light blue polo shirt or new light blue and maroon polo shirt
- Maroon track pants / shorts
- Light blue socks
- Supportive running or cross trainer sports shoes
- School jumper
- Cap or hat (preferably the school sport hat).

- If this clothing is not available, alternative clothing should be worn and a note should be given from the parent or guardian explaining the circumstances.
- All students are encouraged to use deodorant each day for hygiene purposes.
- Each lesson the roll will be marked and records kept on uniform.
- Students are required to wear a hat as per the Sun Protection Policy.
- Sunscreen will be available outside the PE change rooms for students to apply after they are changed.
- If a student does not bring a change of clothing, she will still participate in the lesson whenever practical and safe. “NC” (not changed) will be noted next to her name in the roll. If the circumstances are extenuating e.g. recent enrolment, this rule may be relaxed at the discretion of the class teacher.
- A student who has been marked “NC” three times in one term will be issued with a lunchtime detention notice. A notice will be sent home informing the parents/guardians of the need to wear correct uniform and seeking their help in ensuring the problem is rectified. Any student who is again without correct uniform after a notice has been sent home will be referred to Ms Amy Harriman, Head Teacher PDHPE.

**CHANGING PROCEDURE**

- Students are to enter the change rooms upon arrival for practical lessons. Teachers will be present outside the change rooms.
- After changing, students move out of the change room area, place valuables in the lockers provided and move to their designated roll marking area. Students should remain seated in this area until their teacher marks the roll.
- Students are to give notes explaining illness, injury or uniform to the teacher when the roll is marked. This information will be recorded in the roll.
- At the end of the lesson students are to change back into the school uniform return to their class’ designated area until dismissed by their teacher at 3.10pm.
CHELTENHAM GIRLS’ HIGH SCHOOL

Parent/ Guardian Consent and Medical Information Form

PLEASE SIGN AND DETACH THIS FORM AND RETURN TO THE YELLOW BOX AT THE CASHIER WITH
THE PAYMENT FORM (IF APPLICABLE) BY FRIDAY 1ST FEBRUARY 2013.

1. Parent/ Guardian Consent

- I give permission for my daughter to participate in Year 11 School Sport during 2013.
- I have read the information above regarding sport organisation and procedures and am aware of the travelling arrangements and costs associated with each sport.
- I give my daughter permission to select the sport of her choice each term and understand that I will be responsible for the payment of any costs associated with her choices.
- I understand that if I do not pay my daughters sport costs she will not be able to select or attend a paying sport until all outstanding fees are paid.
- I am also aware that an alternate sport program may run in the event of wet weather or a venue being unavailable.
- I am aware that Year 11 do not participate in sport in Term 4 unless they are a part of the 2013 Targeted Sports Program.

2. Sports chosen on Moodle:

Term 1: ____________________________

Term 2: ____________________________

Term 3: ____________________________

STUDENT ____________________________  ROLL CLASS ____________________________

Parent/Caregiver signature: ____________________________  Date: ____________________________
3. Payment Information

PLEASE INDICATE: CASH □ CHEQUE □ CREDIT CARD □

STUDENT _________________________________ ROLL CLASS __________________

Parent/Caregiver Signature: ____________________ Date: __________

Please tick:

Term 1: □ Zumba $50.00
□ Yoga $60.00
□ Lawn Bowls $60.00
□ Croquet $60.00

Term 2: □ Zumba $35.00
□ Yoga $42.00
□ Lawn Bowls $42.00
□ Croquet $42.00

Term 3: □ Zumba $40.00
□ Yoga $48.00
□ Lawn Bowls $48.00
□ Croquet $48.00

Total Amount $____________________

TO BE COMPLETED IF PAYING BY CREDIT CARD: DO NOT DETACH THIS SECTION FROM PERMISSION NOTE.

STUDENT: _________________________________ ROLL CALL __________________

Visa □ Mastercard □

Name appearing on the card: ________________________________

Signature of Cardholder ___________________________ Date: __________

Contact Phone Number ________________________________

Amount: $__________________