

## LYRA - Gym Visits

25/05/2022

Dear Parents and Carers,

Students in LYRA will be participating in 3 x 1 hour gym sessions at Phoenix Muay Thai Gym in Mitchell. Each session is practical with a mixture of fitness and skill work. The sessions aim to build the girls' understanding and awareness around self defense and build resilience. The teacher in charge of this event will be Kate Langenhorst.

The completed permission note and payment of \$20.00 must be returned to the Finance Office by **Thursday 2nd June (Week 6)**

### **IMPORTANT INFORMATION:**

- Venue:** Cnr McEacharn Pl & Essington St, Mitchell ACT.  
**Date:** Friday 10th, 17th & 24th June ( Weeks 7-9)  
**Time:** 9:00am -10.00am ( please meet at 8:30am for bus)  
**Transport:** School Bus  
**Cost:** **\$22.00 (Gym entry and bus)**  
**Food:** No food required, students should bring a refillable water bottle  
**Clothing:** PE sports uniform (yellow PE shirt and black shorts).

During school hours, Mount Stromlo's front office can relay messages to staff and students on the excursion.

It is customary for the school to request a financial contribution towards meeting the cost of your child's participation in this excursion. The school has made every effort to keep costs for this activity at a reasonable level. We have an equity fund, which can be used to provide financial assistance for students where parents are unable to make the requested contribution. If however there is insufficient total funding available to meet the cost of the excursion, regrettably we may not be able to proceed.

Withdrawing from this excursion with less than 3 school days notices requires a medical certificate for a refund to be granted.

If you have any questions regarding this excursion, please contact Kate Langenhorst on 6142 3444 or email [kate.langenhorst@ed.act.edu.au](mailto:kate.langenhorst@ed.act.edu.au)

Regards

Kay Paten  
Executive Teacher – HPE Faculty  
Mount Stromlo High School



# MOUNT STROMLO HIGH SCHOOL PERMISSION NOTE LYRA GYM VISITS

I give permission for my child Ruby O'Hara-Dewhurst  
to attend the LYRA Gym Visits on Friday 10th, 17th & 24th June.

- Medical Consent provided early 2022 contains current information
- Medical condition has changed and I have downloaded and completed a new Medical Consent form which is attached \*\*

I understand staff accompanying students on excursions will take all reasonable care while the students are in their charge to protect them from injury and to control and supervise their behaviour and activities.

I am aware that staff members are not responsible for injuries or damage to property which may occur on an excursion where, in all circumstances, staff have not been negligent. I will warn my child of the risk to themselves, to others and to property, of impulsive, wilful or disobedient behaviour.

I have read the attached information regarding this excursion and understand what it contains.

Full name of parent (please print): BASIL DEWMURST

Signature of parent: [Signature] Date: 16/5/2022

*\*\*If a Student's medical condition has changed a new Medical Consent form must be completed. The form can be downloaded from the School Website - Excursion Tab - <http://www.mountstromlohs.act.edu.au> or contact the front office on 02 6142 3444 for further assistance.*

## PAYMENT SLIP FOR LYRA GYM VISTS DUE THURSDAY 2ND JUNE

Student Name: \_\_\_\_\_ TEAM : \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_

Payment Options: Cash ( ) Cheque ( ) Credit Card ( ) On-line Credit Card: Fee Code: **GirlsLeague**

Funds Transfer via your bank website BSB 032-777 A/C 001797 ( )

Cheques – Made payable to Stromlo High School

**COMPLETE THE FOLLOWING INFORMATION IF PAYING BY CREDIT CARD:**

CARD No: _____	<input type="checkbox"/> VISA	<input type="checkbox"/> MASTERCARD
Name on Card: _____	Amount: \$ _____	
Signature: _____	Expiry: ____ / ____	CSV: _____

*The Directorate collects the information contained in this form to provide or arrange first aid and other medical treatments for students. The information collected will be held at the student's school and will be made available to relevant school staff, including first aid officers, and to medical or paramedical staff in the case of an accident or emergency. The information contained in the form is personal information and it will be stored, used and disclosed in accordance with the requirements of the "Information Privacy Act 2014" and the "Health Records (Privacy and Access) Act 1997 (ACT)".*