

26 February 2019

Boot Camp

Dear Parents and Carer/s

Beginning this Thursday 28 February, a morning student boot camp session will be held each week on a Thursday from 8:20-8:45am for students in years 2-6. These sessions will include exercises and movements designed to improve balance, flexibility, coordination and strength.

Having a balanced healthy lifestyle is important for growing bodies as it assists in a child's physical and mental development. Some of the many benefits include:

- The development in muscle strength assisting in reducing the risk of injury.
- The release of endorphins when participating in exercise has been proven to promote an increase of concentration and alertness.
- Students will improve cardiovascular capacity which in turn can prevent heart disease and health risks.

Furthermore, fun physical activities and mental stimulation with friends in a supportive environment provide students with a sense that they have achieved something new and challenging.

All students from years 2-6 are welcome to attend and each session will be flexible to accommodate the different skill and fitness level of each student. Sessions will be held on the senior astro turf or the basketball court. Please arrive promptly at 8:20am for the warm up to ensure the exercises are completed safely. If students arrive after the warm up they will be unable to participate due to the risk of injury.

Location	Senior Astro Turf and Basketball Court, Macgregor Primary School
Year Group Participating	Years 2 - 6
Date	Every Thursday commencing Thursday 28 February
Time	8:20am – 8:45am
Items to Bring	Hats and drink bottles
Notes Due	Thursday 28 February

- *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.*
- *Parents should be 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. Parents should warn children of the risk to themselves, to others and to property, of impulsive, wilful or disobedient behaviour.*



MACGREGOR PRIMARY SCHOOL

LINKED BY LEARNING... EXPERIENCE, EXPRESSION & EXCELLENCE

Principal: Jennifer Hall



If you have any queries regarding this excursion, please feel free to contact us at school on 6142 1600.

Regards
Sarah Meagher and Millie Butt
26 February 2019

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

I give permission for my child _____ in class _____ to attend Boot Camp at Macgregor Primary School on Thursday 28 February and following Thursdays. I understand that he/she will be in the care of Macgregor Primary School staff for the session.

Full name of Parent/Guardian _____ Emergency contact no. _____

Signature of Parent/Guardian: _____ Date: _____

We have a copy of your child's Medical Information Form lodged in our records. Please complete the section below only if your child's medical circumstances have changed since lodging the form with the school.

ADDITIONAL MEDICAL INFORMATION

NAME: _____ CLASS: _____

SIGNED: _____ DATE _____