



Ambarvale High School

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Principal: Ms L Barnott-Clement, M.A., M.Ed., B.A., Dip.Ed.

Deputy Principal: Ms S Arts, M.Ed., B.Sci., Dip.Ed.

Deputy Principal: Ms E Fitzgerald, B. Health Science, Dip.Ed.

Educational Excursion Information and Consent Outdoor Education: Coastal Walk

Dear Parent

Your child is invited to join a Stage 4 (Year 7 and 8) **Outdoor Education Coastal Walk**. This is a new initiative at Ambarvale High School and we are inviting TRREC Ambassadors to be involved.

Research tells us that students “do better physically and emotionally when they are in green spaces benefitting from the positive feelings, stress reduction, attention restoration nature engenders”. (Suttie, J 2016).

Students attending will:

- Engage in a **pre-walk workshop** where they will learn about how to pack a day-pack for a successful walk in the natural environment, as well as specific requirements for this walk.
- Engage in a **scenic 9km coastal walk from Bundeena to Marley Beach, return**. This walk is moderately challenging and will suit students with average fitness and mobility. Please note, this walk has boardwalks, dirt tracks, beaches and rock surfaces, as well as steep inclines and descents. There are no fences or barriers along the track and students will be required to stay on the track at all times and follow all staff instructions. *Please discuss these conditions and requirements with your child before submitting your form.*
- **Work in pairs and will be given a disposable camera** and asked to ‘answer questions’ through the photos and observations they take and make. (These photos will form the basis of a visual presentation).
- Engage in a **post-walk workshop**, where they will debrief on the event and display their photos.

When: Tuesday, 15 June 2021 (Week 9)

Where: Bundeena to Marley Beach Coastal Walk (9km)

Itinerary and Transport: Students will be travelling to Bundeena by bus from school. The bus will leave Ambarvale High School at 8:30am, arriving at Bundeena at approximately 10:00am. Students will then walk as a group from Bundeena to Wattamolla arriving at approximately 12:30pm. Lunch will be on the grassed area at Wattamolla. Students will have an opportunity during lunch to walk with staff to the beach (no swimming). The bus will depart Wattamolla at approximately 2:00pm, arriving back at school at approximately 3:15pm-3:30pm.

Cost: Nil (and a healthy lunch is provided)

What to bring:

Small backpack

Hat

Sunscreen

Water bottle (at least 1 – 1.5 litres (consider 2 bottles))

Any medications they would normally carry (eg asthma puffer, EPI-PEN etc)

Optional:

Sunglasses

Please note: No mobile phones for students will be allowed on the walk. Phones will be collected and locked on the bus when we leave school at 8:30am for the walk. Phones will be returned as students get back on the bus (at approximately 2:00pm).



Dress Code: PE uniform and sturdy walking shoes such as joggers.

Please be aware any student out of uniform on two or more occasions in the preceding two weeks of the organisation of an event, **WILL NOT be able to attend** sporting events, non-mandatory excursions, and incursions or any extra-curricular activity representing our school. Additionally, any student who comes to school out of uniform on the day of the event, **WILL NOT be able to attend**.

Departure from: Ambarvale High School at 8:30am

Return to: Ambarvale High School at approximately 3:30pm

Parents are responsible for their child's transport and safety prior to departure time at location and following return time at location.

Supervising Teacher/s:

Emergency Care

First Aid Certificate

Teacher in Charge: Ms S Arts

Teachers Attending:

Mr M Qu

Mr J Robinson

Ms R Nunes

Emergency Contact Number: 4627 1800

Please complete and sign the Permission note attached and provide relevant medical details.

Ms L Barnott-Clement
Principal
6 May 2021

Mr M Qu
Head Teacher Administration



Excursion Consent
Outdoor Education: Coastal Walk

I give permission for my child _____ to attend the **Outdoor Education: Coastal Walk** Excursion on Tuesday, 15 June 2021. I understand that students will depart from Ambarvale High School at 8:30am and will return to Ambarvale High School at approximately 3:30pm where they will be dismissed upon arrival. My child must wear PE uniform and sturdy walking shoes.

Parents are responsible for their child's transport and safety prior to departure time at location and following return time at location.

MEDICAL INFORMATION:

Medical conditions _____

Allergies _____

Diet requirements _____

Medication _____

Other _____

Medicare Number (optional) _____

Parent/Emergency Contacts:

	Name	Contact Number	Relationship to Student
1.	_____	_____	_____
2.	_____	_____	_____

I am aware if my child is out of uniform on two or more occasions in the preceding two weeks of the organisation of an event, they **WILL NOT be able to attend** sporting events, non-mandatory excursions, and incursions or any extra-curricular activity representing our school. Additionally, if my child comes to school out of uniform on the day of the event, they **WILL NOT be able to attend**.

Parent Signature: _____ **Date:** _____