Dear Parent/Caregiver,

As part of our total school curriculum the PD/H/PE Faculty will once again be conducting the compulsory Year 7 Swim School for 2015. Each student is required to complete an Aquatics unit for PDHPE. The outcomes to be achieved through Swim School are:

- 4.4 demonstrates and refines movement skills in a range of contexts and environments
- 4.7 identifies the consequences of risk behaviours and describes strategies to minimise harm.
- 4.9 describes the benefits of a balanced lifestyle and participation in physical activity.

Students will be transported by bus to and from E.G. Whitlam Centre, Liverpool each day, leaving at 9.30am and returning before the end of school (2.25 - 3.00pm).

# School uniform or sport uniform must be worn while at school and at Swim School. No mufti or casual clothing.

The Swim School also aims to:

- Develop lifesaving skills (according to their abilities) through the Swim & Survive Award levels as per the Royal Life Saving Society handbook.
- Improve swimming skills through stroke correction and training.
- Educate students in water safety theory.
- Make all students “water safe” and instill confidence in and around the water.
- Provide practice for resuscitation techniques.
- Participate in the Surf Life Saving NSW’s Community Surf Education program which involves one day at the beach learning about water safety.

**Gear:** Swimming costume / two towels / warm clothing is essential.
School caps, rash vest, sunscreens (15+) are required.

Payments can be made in instalments (eg. $10) until Swim School starts.

Please pay the accounts office.

Students who have paid their school fees are already covered for Swim School.

**When:** Pool 7th, 8th, 9th December  
Beach Day Thursday 10th December

- **Cost:** $70.00 (includes pool entry, return bus transport to E.G. Whitlam Centre, Liverpool and daily swimming lessons with lifesaving and first aid instruction.
- The full day excursion to South Cronulla Beach for a surf education program on Thursday 11th December is included in the price.

P. de Jong  
PD/H/PE Head Teacher

D. Horton  
Principal

7th October, 2015
Please complete the attached permission slip and return to the PDHPE Faculty with receipts attached.

# If the cost is a problem for you, the school can offer some assistance in helping with payment for your son/daughter. If you require assistance please specify on the permission note below.

PERMISSION NOTE
Please return receipt and permission slip to PDHPE Staff.

I give permission for ------------------------------- of class------------------- to attend the Bass High Swim School at E.G. Whitlam Pool, Liverpool on 7TH, 8TH and 9TH December, and South Cronulla Beach on 10TH December, 2015.

Please tick one of the boxes below:

I can pay $70.00 in full.
I will pay in instalments
I have already paid

Additional information:
1. Any known allergies?

2. Any known medical conditions?

3. Emergency phone contact:

SIGNED: ..................................................
(parent / care-giver)

Date……./……../……..