



# KINGSWOOD SOUTH PUBLIC SCHOOL

STRIVING FOR EXCELLENCE

*Be Safe*

*Be Respectful*

*Be a Learner*

Wednesday 19th March, 2025

## **SCHOOL CROSS COUNTRY**

***Friday 4th April, 2025***

Dear Parents and Carers,

We will be holding the school cross country carnival for Years K-6 on Friday 4th April, 2025 starting at 9.20am till 1.25pm. 8-13years will be held between 9.20am to 11.00am and K-2 will commence at 12.00pm to 1.25pm. Parents and carers are invited to attend the carnival and are required to remain in the designated area on the basketball court. Parents and carers are also invited to join their children for lunch where children can meet parents in the designated area. The canteen will be advising of a menu for families to order from. Families are asked to collect orders from the canteen from 11.30am due to normal student service prior to this time. KSPS SRC students will be selling snack packets of chips, canned drinks and water for a small purchase amount. It will be CASH ONLY for the canteen and SRC purchases.

All students are expected to compete on the day, making a sound attempt to finish the course. House points will be awarded for participation as well as finishing within the top ten places in each race. House points will also be awarded for best dressed and house spirit across the day. Any students who are unable to compete because of illness or injury will need to bring a note from their parents or carers.

Students may wear their sports uniform but are encouraged to wear a t-shirt in their house colour. They must be wearing their school sport shorts and have appropriate shoes for running.

Year 2 students who are turning 8 this year are also eligible to compete for a place in the Zone Cross Country if they wish. These students may choose whether they would like to run in the competitive race, our school non-competitive race or both races on the day.

### **DISTANCES**

Kindy	1 lap around the oval
Year 1	2 laps around the oval
Year 2	3 laps around the oval
8/9/10 yrs	2000m
11/12/13 yrs	3000m

As students will be outside for most of the day, please ensure your child brings two bottles of water, their school hat and that they have applied their sunscreen on the day. They should also bring any health care needs such as asthma puffers or EpiPens with them out to the course on the day.

**Please Note:** For students in 8-13 years, the top 6 competitors from each age group will qualify to attend the Penrith Zone Cross Country Carnival. However, the number of students entered to compete at the Zone Cross Country Carnival is at the discretion of the event organising teachers. They will receive a permission note shortly following our carnival. The Penrith Zone Cross Country Carnival will be on Wednesday 21st May 2025 (Week 4, Term 2). If a student who is given a note cannot attend the Zone Cross Country Carnival, they need to let Mrs Tye know A.S.A.P.



Ms S Martin  
Principal



Ms B Crompton  
K-2 Event Coordinator



Mrs E Tye  
3-6 Event Coordinator

### Personal injury statement

*In the event of injury, no personal injury insurance cover is provided by the NSW Department of Education for students in relation to school sporting activities, physical education lessons or any other school activity. The Department's public liability cover is fault-based and limited to breaches by the Department of its duty of care to students that may result in claims for compensation.*

*Parents/Carers are advised to assess the level and extent of their child's involvement in the sport program offered by the school, school sport zone, region, state school sport associations when deciding whether additional insurance cover is required prior to their child's involvement in the program. Personal accident insurance cover is available through normal retail outlets.*

*The NSW Supplementary Sporting Injury Benefits Scheme, funded by the NSW Government, provides limited cover for serious injury resulting in the permanent loss of a prescribed faculty or loss of the use of certain prescribed parts of the body. The Supplementary Scheme does not cover medical or dental costs. Further information can be obtained from <https://www.icare.nsw.gov.au/injured-or-ill-people/sporting-injuries/payments/3gref>*

*Further information regarding student accident insurance and private health cover is provided at: <https://app.education.nsw.gov.au/sport/file/1449>*