



Fort Street High School

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August 18 2017

Dear Parent or Carer,

As part of promoting R U OK Day, an excursion for selected Year 7, 8 and 9 students has been organised. The excursion is to the Royal Botanic Garden on **Friday September 1 2017**. The purpose of the excursion is to explore the benefits of connecting with nature and connecting with people through conversation for good mental health. The experience will assist each student in building a sense of personal wellbeing, resilience, connectedness and communication skills. Students will also be able to pass on the messages and skills that they have learnt on the day to other students at school.

Excursion Details

There is no cost for this excursion. However, students will be required to pay for public transport using their personal Opal Cards.

Students will meet at the Cohen undercroft, Fort Street High School at 8:20 a.m. They will then travel by public transport to the Royal Botanic Garden accompanied by teachers. The event concludes at 3:30 p.m. Students may be given permission to be dismissed from the venue, or they will travel back to school by public transport. It is expected that students will arrive back at school by 4:10 p.m. **Students should ensure they have an Opal card with suitable funds.**

Students are required to be in full school uniform. Students should bring a bottle of water, their own lunch, and appropriate sun protection.

Please complete the permission slip attached and have your child return it to the front office by **August 25 2017**. If you have any questions regarding this excursion please contact Mr Amrit Prasad or Ms. Miori Shino.

Yours sincerely,

Penelope Starr
Head Teacher Student Services

Karen DiStefano
Principal(Relieving)

R U OK? Youth in Nature Excursion Consent Form

Student's Name: _____

Year _____

I hereby consent to my child participating in the excursion to the Royal Botanic Garden on Friday September 1 2017. I agree that my child will travel to the venue via public transport accompanied by a teacher.

Please note any relevant medical conditions/allergies/other circumstances: _____

Please tick:

I give permission for my child to be dismissed from the Royal Botanic Garden at the conclusion of the event and make their own way home.

OR

My child will travel back to school on public transport accompanied by teachers at the conclusion of the event.

Signature of Parent/ Carer

Date

The personal information provided on this consent form is being obtained for this excursion only and will be used in relation to the welfare of students. The provision of this information is voluntary and will be stored securely.