



# Manilla Central School

Postal Address: PO Box 187 MANILLA 2346

High School  
Wilga Ave MANILLA 2346  
Phone: 6785 1184  
Fax: 6785 2138

Primary School  
Court St MANILLA 2346  
Phone: 6785 1599  
Fax: 6785 1705



Dear parent/carer

Your child has been selected to attend **North West Secondary Cross Country Trial** at **Coolah** on **Thursday 12<sup>th</sup> June 2025**.

The excursion will cost **\$0**.

Secondary students will be able to walk the course at **9:00am** so will need to arrive prior to this with plenty of time. The event is scheduled to have concluded by approx. 3:30pm.

Travel will be by **own private transport**.

The students will be supervised by parents/carers and North West PSSA event staff.

Students will need the following items on this excursion:

- Hat and sunscreen.
- Snacks, lunch and adequate water. A canteen will operate at the venue.
- Comfortable running attire
- School sports uniform

## Additional Information

Please see attached Order of Events and course map.

North West Cross Country souvenir apparel items will be for sale at the venue. Apparel items are limited in quantity and cannot be pre-ordered.

A North West team will be selected from these trials to compete at the NSW All Schools Cross Country to be held at Sydney Equestrian Centre on Tuesday 22nd July 2025. Students selected in the North West Cross Country team will be expected to make their own travel and accommodation arrangements for the State Championships. The Regional team will consist of the first 6 place-getters in each age event. School teams of (maximum) 4 runners will be selected if two of their runners finish in the top 6 positions.

## Privacy advice

The NSW Department of Education is collecting the information requested on this form. The information is being obtained for the purpose of ascertaining relevant medical information, requirements and other health care related needs about your child who is currently enrolled at the school and who may participate in school excursions, sporting activities or other educational or school activities conducted by or in conjunction with Manilla Central School.

# North West Schools Sports Association

## Cross Country Order of Events 2025



### Secondary program

Secondary walk the course - 9.00 am

Age	Gender	Distance (approx.)	Starting time
12 yrs	Girls	3,000 m	9.50 am
12 yrs	Boys	3,000 m	10.00 am
13 yrs	Girls	3,000 m	10.10 am
13 yrs	Boys	3,000 m	10.20 am
14 yrs	Girls	4,000 m	10.35 am
14 yrs	Boys	4,000 m	10.50 am
15 yrs	Girls	4,000 m	11.05 am
15 yrs	Boys	4,000 m	11.20 am
16 yrs	Girls	4,000 m	11.35 am
17 & 18yrs	Girls	4,000 m	11.50 pm
16 yrs	Boys	6,000 m	12.05 pm
17 & 18yrs	Boys	6,000 m	12.15 pm

**Note:** The 18+yrs boys event will be 8,000 metres at the state championships even though it will be 6,000m at the regional event. The 18+yrs girls will run 4,000m at region and 6,000m at state. This allows for the combined running of the 17yrs & 18+yrs events at the North West event.

### Primary program

Primary walk the course - 11.40 am

Age	Gender	Distance (approx.)	Starting time
8/9 yrs	Boys	2,000 m	1.15 pm
8/9 yrs	Girls	2,000 m	1.30 pm
10 yrs	Boys	2,000 m	1.45 pm
10 yrs	Girls	2,000 m	2.00 pm
11 yrs	Boys	3,000 m	2.15 pm
11 yrs	Girls	3,000 m	2.30 pm
12 /13 yrs	Boys	3,000 m	2.45 pm
12 /13 yrs	Girls	3,000 m	3.00 pm

**Note:** The 12/13yrs is a combined event at both region and state. There is no longer a separate 13yrs primary division.



# Behaviour code for students

## Information for students and parents or carers

NSW public schools are committed to providing safe, supportive, and responsive learning environments for everyone across a range of settings. We teach and model the inclusive and safe behaviours we value in our students.

### **In NSW public schools students are expected, to the best of their ability, to:**

- show respect to other students, their teachers and school staff and community members
- follow school and class rules and follow the directions of their teachers
- strive for the highest standards in learning
- act in a courteous and respectful way that makes all members of the school community feel valued, included and supported
- resolve conflict respectfully, calmly and fairly
- meet the school's agreed uniform policy or dress code
- attend school every day (unless legally excused)
- respect all property
- be safe and not be violent or bring weapons, illegal drugs, alcohol, vapes, e-cigarettes or tobacco into our schools
- not bully, harass, intimidate, or discriminate against anyone in our schools.

Schools take action in response to behaviour that is detrimental to self or others or to the achievement of high-quality teaching and learning.

### **All students have a right to:**

- safety at school
- access and fully participate in their learning
- be treated with respect by other students, teachers and school staff
- express their views, set goals and self-advocate.

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments and apply an appropriate action when students are not meeting these expectations.

The department is responsible for the provision of a policy framework and resources such as legal issues bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment.

In this context, the NSW Government and the Department of Education will back the authority and judgment of principals and school staff at the local level.

### **Behaviour code for students: Student actions**

Promoting the inclusion, learning, wellbeing, and safety of all students in NSW public schools is a high priority for the Department of Education.

We implement teaching and learning approaches across a range of settings to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

**To meet the expectations set out above, students in NSW public schools, to the best of their ability, should adhere to the following principles.**

### **Respect**

- Treat one another with dignity.
- Communicate and behave courteously.
- Act and work cooperatively with other students, teachers, and school staff.
- Develop positive and respectful relationships.
- Value the interests, ability and culture of others.
- Respect the learning needs of other students.
- Dress appropriately by wearing the agreed school uniform or dress code.
- Take care with school property and the property of staff and other students.



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## Manilla Central School Excursion Consent Form

I consent to (student name) \_\_\_\_\_ of year \_\_\_\_\_  
participating in the **North West Secondary Cross Country Trial at Coolah on Thursday  
12<sup>th</sup> June 2025.**

Please tick

Medical Information Form (attached) is completed ☐

Sporting Code of Conduct (attached) is completed ☐

I understand travel will be by own private transport ☐

I consent to my child receiving medical treatment in the case of an emergency ☐

Parent/Carer full name: \_\_\_\_\_

Parent/Carer signature: \_\_\_\_\_ Date: \_\_\_\_\_





**Manilla Central School**  
**Medical Information Form**  
**North West Secondary Cross Country**  
**Excursion Date Thursday 12<sup>th</sup> of June 2025**



*Please complete the details below and provide any relevant medical and/or dietary details in full – please add another page if more space is required. This form should be returned to the school by **Monday 9<sup>th</sup> of June**.*

**Student Details**

Name of Student: \_\_\_\_\_  
Address: \_\_\_\_\_ Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_  
Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Medicare Number: \_\_\_\_\_ Reference: \_\_\_\_\_ Expiry: \_\_\_\_\_

**Parent/Carer Contact Details**

Parent/Carer Name: \_\_\_\_\_  
Telephone: (Home): \_\_\_\_\_ (Work): \_\_\_\_\_ (Mobile): \_\_\_\_\_

**Doctor Contact Details**

Name of Doctor: \_\_\_\_\_  
Address of Doctor: \_\_\_\_\_  
Doctor's Phone Number: \_\_\_\_\_

**Emergency Alternative Contact Details**

Name of Emergency Contact 1: \_\_\_\_\_ Telephone: \_\_\_\_\_  
Name of Emergency Contact 2: \_\_\_\_\_ Telephone: \_\_\_\_\_

**Medical Information**

List any medical conditions or illnesses (for example asthma\*, diabetes, epilepsy, allergies\*\*, anaphylaxis\*\*) and outline the treatment for each.

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\* **Please attach a current Asthma Action Plan for your child, if applicable**

\*\* **Please attach a current ASCIA Action Plan for Anaphylaxis or Allergic Reactions, if applicable**