



18 May 2023

Next Week's Programme for Cross-Country

Term 2 Week 4

Garston School is responsible for hosting the Mid-Dome cross-country. **This is a massive task for a small school community.** Children from Mossburn and Lumsden join us at the venue which this year will be at the Garston Dog Trial grounds, Lorne Peak Station, 5km north of Garston on State Highway 6.

All Garston School parents and friends are being asked to help with the running of the event in one of the following ways: food/BBQ; track set up and pack up; directing car parking; marshalling the course.

Monday, 22nd May – Sports Uniform are distributed.

This is on loan and only to be worn on the day (**own shorts should be worn under tracksuits**). They have been told that they are responsible for taking the utmost care of the borrowed uniform. After the event please ensure that your child takes home all items of the school uniform that they were given, to be laundered then returned to school neatly in its bag A.S.A.P.

Wednesday, 24th May – Actual competition day

* School as usual in the morning unless you receive a Skool Loop and/or email advising that the event has been postponed until Friday.

* The children will be picked up at school by the bus at 11:10 am and taken to the race grounds.

Parents can take their children home after their cross-country jobs are finished and their children have run. If you have not made arrangements for your child to go home with you or someone else and **do** require the school **you must let the school know as soon as possible** so the driver can be told that the afternoon bus is required.

- 11:30. Everyone arrives at the paddock and helps with allocated jobs.
- 12:00. Event assembly to explain the programme.
- The race in which they run is decided by their age as of 31st December, 2023. The children will be told which age group they are running in. Generally the children aged 8 and over who qualify by being placed in the first 6 runners in their age group, may go on to the Northern event on 1st June at Waikaia, p.p. 2nd June.

School Lunch on cross-country day

The children will have an early lunch at school. Please only bring a packed lunch as the food warmer will not be operating on the day of the cross-country. However there will be a sausage sizzle at the race grounds run by the Home & School group. They can buy: a BBQ sausage/bread – \$3; pattie/bread – \$4; hot drinks – \$1; Sprite – \$3; juice – \$2; choc bar – \$2; chips/popcorn – \$1.

Toilets

There are toilet facilities on site.

Friday, 26th May – Postponement Day.

Year 7/8 students do not attend technology at NSC but must participate in the cross-country.



To:

The Garston Home and School for \$4121 which heavily subsidised the swimming costs for the new programme that was held at the Mossburn pool.

Follow up video's by John Parsons who recently held fantastic workshops for students, staff and parents.

SEXTORTION

<https://www.facebook.com/johnparsonsS2E/videos/688962838844771>

LEAVING PRIMARY SCHOOL

<https://www.facebook.com/johnparsonsS2E/videos/611498169867650>

TRUSTING GUT FEELING

<https://www.facebook.com/johnparsonsS2E/videos/934567347129643>

TEENAGERS AND FUTURE PROOFING FOR EMPLOYMENT

<https://www.facebook.com/johnparsonsS2E/videos/592289241813040>

Live Streaming: Understand the risks for children

<https://www.facebook.com/johnparsonsS2E/videos/244747619971043/>

BEDROOM, BATHROOM, PAJAMAS

<https://www.facebook.com/johnparsonsS2E/videos/1112030665810052/>

HOW TO DEAL WITH ANTI SOCIAL BEHAVIOUR

<https://www.facebook.com/johnparsonsS2E/videos/643131269822891/>

CHILDREN & ONLINE GAMES - A NOSY PARENT IS A LOVING PARENT

<https://www.facebook.com/johnparsonsS2E/videos/653756001863893/>

CIRCLE OF LIGHTHOUSES

<https://www.facebook.com/watch/?v=256299468768773>

FAMILIES THAT EAT TOGETHER HEAL TOGETHER

<https://www.facebook.com/johnparsonsS2E/videos/2866705640318593>

Filming, shaming people and distributing harm online.

https://fb.watch/jf_pnWrZ2V/

TVNZ: Metta/Facebook deploy safety messages.

<https://fb.watch/gY5ltrQX-k/>

REMINDERS

- The Garston School E.O.T.C policies are up for review as part of our School Docs triennial cycle of review. If you would like to comment on these policies then log on to <https://garston.schooldocs.co.nz/1893.htm> and ring the school office for the password.
- **If you know your child(ren) will not be attending school on any given day please contact the school in advance, if possible, by phone, Skool Loop, email or text.**

URGENT REMINDER. Cross-country practice day now Friday, 19th May.

The children will be picked up at 1pm on Friday, instead of 2:45, from school.

They will be driven to the Dog Trial grounds at 1197 Kingston Garston Highway (5k north of Garston School). They have a practice run on the actual course. Parents can pick their children up from the grounds at 2:45 or else they will all catch the bus at 3:00pm. No one will be at school at this time.

Graham will take all bus children (Athol, Kingston children) to Kingston as usual and then turn back to take the Athol bus children home. Please notify school by tomorrow morning if you have to make changes to this schedule.

Anyone requiring medication must bring it.

The Year 7 & 8 children will be taken directly from technology at NSC to the paddock.

All children need to bring alternative clean shoes in their bag or carrier bag to change into then out of after running in the muddy paddock so they don't make a terrible mess in the bus.

2023 Mid-Dome Cross-Country-Wednesday, 24th May Postponement Day - Friday, 26th May

Race Day Organisation

Footwear: Suitable running shoes and socks.

Terrain: Uneven surfaces; varied grass lengths; some mud, puddles, prickly plants some slight inclines.

Clothing: Warm layers for wearing when not competing. Location prone to strong, cool winds.

Location: Garston Dog Trial Grounds, S.H. 6, 5 km north of Garston School. Entry indicated by signs.

Parking and toilets: On-site at the Dog Trial Grounds.

First Aid: St. John personnel and vehicle available. Individuals bring their own medication e.g. inhaler.

Food for sale:

* Sausages and bread - \$3. * Patties and bread - \$4. * Hot drinks - \$1. Sprite - \$3. Juice - \$2.

* Choc bar - \$2. * Chips/popcorn - \$1.

Time:

11:30 - All teachers or parent helpers meet the organiser at the assembly desk.

12:00 - Welcome assembly. All teachers check children are in their right age group lines.

12:10: Marshals will go to their positions as indicated on the maps.

12:15 - Races start (see order below). Children do not have to remain in their age group lines, for the whole event. They may move around in the area close to their age group lines then return to their lines before their race is signalled (the bell will ring to announce the next race over the speaker).

Age Group Race Order:

Using the 500m loop track (girls then boys):

* 6 yr (1 loop). * 5 yr (1 loop). * 10yr (4 loops). * 11 yr combined girls and boys (4 loops).

Using the 700m loop track (girls then boys):

*7yr (1 loop). * 8 yr (2 loops). * 9yr (2 loops). *12 & 13 yr combined girls and boys (4 loops). 3

GARSTON SCHOOL- RAMS: Risk Management Plan

School	Garston School		
Activity	2023 Cross-Country		
Instructors:	Ms. O'Loughlin (leading it)	Location:	Lorne Peak Station Dog Trial Grounds, 1197 Kingston Garston Highway, Garston
Group:	3 schools: Garston, Mossburn, Lumsden.	Date:	24th May / 26th May (P.P.) 2023

Risks (significant potential losses)

1 Injuries	4 Drowning
2 Sunburn / insect bites	5 Car accident
3 Hypothermia	6 Becoming lost

Causal Factors (lemons)		Risk reduction strategies
People Skills, attitudes, age, fitness, ratios, experience, health etc.	<ul style="list-style-type: none"> - Lack of fitness - Strains and sprains - Injuries - Illness eg asthma - Panic - Hypothermia 	<ul style="list-style-type: none"> - Lumsden, Mossburn, Garston staff/students/parents have been advised to ensure participants view information given about track distances, expectations for clothing, footwear, medication. - Schools have been sent information about the event organisation including staff members', marshalling and supervision duties. - Garston students have followed a one month training programme and are aware of the required distances, running strategies (e.g. pacing themselves, dealing with stitch) and have trained on the actual track. - Students' level of participation has been monitored and managed on an individual basis to include special considerations such as fitness and injury. - St John representative and equipment on site from 11:30 - 1:30pm.
Equipment Clothing, shelter, transport, activity, specific gear, safety gear etc	<ul style="list-style-type: none"> - Hypothermia - Transport - Suitable shelter for gear. 	<ul style="list-style-type: none"> - A large plastic groundsheet was used to keep the children and their gear dry. - School bus driver/principal have discussed organisation of the training day and the actual event to include arrangements for transport. - All participants are briefed on the day and made aware of organisation as well as first-aid, toilet, boundaries, warming up before the event and keeping warm after competing. - Signage and personnel to direct safe parking.
Environment Weather, terrain, water, season etc.	<ul style="list-style-type: none"> - Track - Weather 	<ul style="list-style-type: none"> - The event will be postponed if weather is judged to be unsuitable. - The stream will not be crossed if conditions are unsafe. - All runners will be supervised by track marshals. - Tracks will be explained to runners before the race. - Maps will be on display.

