



HENRY MUNRO MIDDLE SCHOOL

2105 Kender Ave. Ottawa, Ont. K1J 6J7
Phone (613) 748-0060 - Fax (613) 749-3187
www.henrymunroms.ocdsb.ca



Dear Parents/Guardians,

The Grade 8s at Henry Munro will be going to Lac Philippe in Gatineau Park on Thursday, June 22nd. Students will have the opportunity to swim, and play games such as volleyball and soccer, etc. Lac Philippe has certified lifeguards on duty at all times, however we would still like to know more about your child's swimming abilities.

Please note that the field trip will run past the regular school day and the students will be returning to the school for 3:45. On page two please indicate whether you will be picking up your child from Henry Munro Middle School or if they are to walk/take the OC Transpo home.

In the space below, please write down the level of swimming lessons your child has taken.

If your child has not taken swimming lessons before, please describe your child's swimming experience in the space below.

In the space below, please indicate any medical or health-related issues your child has that we should be aware of. If you feel there are no medical or health related issues that we should be aware of, please check the "no medical or health-related issues" box below.

You should be aware of the following medical or health-related issues:

My child has no medical or health-related issues that you should be aware of

Child's health card number:

The beach staff enforce the following rules:

- Sand must stay on the ground, not in the air
- Don't climb up on the shoulders of your friends

- Don't go in the water deeper than your armpits (you shouldn't be in water that's over your head)
- You must stay inside the lines of buoys
- If you have a lifejacket, you must wear it whenever you go in the water
- If you hear the lifeguard's whistle while you are swimming, you must look at him, because he wants to talk to you
- A buddy system will be used: Students will stay with their buddy at all times and tell your teacher or a lifeguard immediately if they no longer see their friend or have lost them.

*N.B. If the rules are not followed to the letter, the lifeguards will ask the swimmers to leave the water.

Additional important information

Food: Students *must* bring a lunch, plenty of water, and snacks. There will be no food, water or drinks to purchase.

Dress: Students must dress appropriately. Female students must wear one-piece bathing suits, tankinis (two pieces, but looks like a one-piece) or wear a swim shirt at all times. Male students must wear appropriate swimwear.

Gear: It is strongly recommended that students bring – towel(s), sunblock, a hat, and sunglasses.

Volunteers

We are also looking for any parent/guardian volunteers that would be interested in joining us for our trip to Lac Philippe. If you are interested, please write your contact information below.

Contact information:

PERMISSION FORMS DUE DATE: Monday, June 12th – no forms will be accepted after this date.

*If you require a new permission form, you can access one at the school's website:

<http://www.henrymunrooms.ocdsb.ca>

Please indicate one of the following:

X _____ I will pick my child up at Henry Munro School at 3:45.

X _____ My child has permission to walk or take the OC transpo home.

Please sign your name in the space provided.

X _____

Please have your child sign their name in the space provided to indicate that they have read and understand the given rules and guidelines.

X _____

Thank you very much for your co-operation.

-Henry Munro Staff



OTTAWA-CARLETON
INSULAR SCHOOL BOARD

OCDSB 122: Parental Consent for Trip Participation

RETAIN THIS PAGE FOR YOUR INFORMATION. PLEASE SIGN AND RETURN THE ATTACHED PAGE.

School: Henry Munro	School Phone: 613-748-0060
Lead Trip Supervisor/Teacher(s): Mr. Witton, Ms. Brown, Mr. Stark, Ms. Lamontagne, Ms. Costa, Ms. Scaffidi, Mr. Guerts, Ms. Jacobsen and parent volunteers	
Class/Subject Area: Grade 8 year end trip to Lac Philippe in Gatineau Park	Educational Purpose of Field Trip: swimming, volleyball, soccer, opportunity for graduating class to socialize in a relaxed outdoor setting
Activity: Grade 8 year-end trip to Lac Philippe	Risk associated with activity: low to moderate
Date of Field Trip: Thursday, June 22	
Departure	Return
Time: 8:30 am	Time: 3:45 pm
Transportation details: school bus	Transportation details: school bus
To: Lac Philippe, Gatineau Park	Place: Henry Munro
In case of late return or other inquiries Contact: Tom Witton	Phone: 613-748-0060
Cost per Student: \$0 is due by •	
Requirements for Field Trip Participants: see accompanying letter	
<input type="checkbox"/>	Lunch/Snack
<input type="checkbox"/>	Special Clothing/Equipment: swim suits and towels
<input type="checkbox"/>	Other: sun screen, insect spray (optional), sweater, rain gear (weather dependent)
Principal Signature:	<i>C. Leduc</i>

To Parent or Guardian:

This is an important form and must be returned to the school regarding this field trip.

INSTRUCTIONS:

Please complete and sign in the YES or NO section below and return the form to the school.

YES

I give permission to the Ottawa-Carleton District School board for the following student to participate in the field trip activity _____ (description)
Scheduled to take place on or about _____ (date).

Name of Student: _____

Emergency Contact: _____ Phone • _____

Alternate Contact: _____ Phone: _____

Medical Information:

Indicate any medical information or dietary restrictions that the supervising teacher needs to know.

Medical Consent: Should it become necessary for my child/ward to receive medical care, I hereby authorize the teacher to use his/her best judgement in obtaining such care. I/we understand that any costs will be my/our responsibility. I also understand that in the case of accident or illness I will be notified as soon as possible.

Elements of Risk: Any out of school activities may involve certain elements of risk. Injuries may occur while participating in the activities related to this field trip. The chance of injury can occur without any fault of the student, the school board, its employees/agents or the facility where the activity is taking place. I/we understand that any costs will be my/our responsibility as the OCDSB does not provide accident insurance coverage for student injuries that occur during school activities.

I wish to volunteer for this trip: 0 No 0 Yes

Phone: _____

ACKNOWLEDGEMENT:

I have received, read, and understand all of the above, and give permission for my child/ward to participate in this activity.

Signature of Parent/Guardian: _____ Date: _____

NO

I do not give permission for my child/ward to participate in the field trip activity _____ (description) scheduled to take place on or about _____ (date). I understand that the trip is not compulsory and that any student not participating shall attend school.

Signature of Parent/Guardian: _____ Date: _____