



MENAI HIGH SCHOOL

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Relieving Principal
J Stanley

Relieving Deputy Principal
L Ferraro

Deputy Principal
E Sayed-Rich

Deputy Principal
L Meagher

22/2/2023

Dear Parents,

A skiing excursion has been organised as part of the outdoor recreation units of the Year 11 PD/H/PE and SLR courses and Year 10 PASS course.

The excursion will cater for beginners as well as those students who have had previous snow experience. All students attending the excursion must participate in the pre-excursion safety lessons to familiarise themselves with the safety procedures on the snow. The professional three-hour lesson provided each day is another important safety aspect of the snow experience.

ITINERARY

Sunday 13th August

10.45pm Meet at school bus bay

11.00pm Depart Menai High School. Comfort stops.

Monday 14th August

5.00am Arrive Southern Cross Motor Inn

Collect ski /clothing hire. Breakfast provided

7.00am Leave for days skiing – Lessons 8:30am

TBA Lunch on snow

4.30pm Depart for Accommodation

6.30pm Dinner and night activities

Tuesday 15th August

6.30am Breakfast

7.15am Depart for Perisher Blue – Smiggins

4.30pm Return to Motor Inn, Berridale

6.30pm Dinner and night activities

Wednesday 16th August

6:30am Breakfast

7:15am Depart for Perisher Blue – Smiggins

3.30pm Return to Motor Inn, Berridale

(return hire equipment)

5.00pm Collect Luggage – Leave for Home

7.00pm Dinner on way home (own expense)

11.00pm Approx – arrive Menai High School

Price:

The total cost of the ski trip is **\$810 per student. (skiing)**

\$850 per student (snowboarding)

This price includes 3 x 3hour lessons and 3 day lift pass.

To secure a place a **\$100 deposit** must be paid to the front office at your earliest convenience. There are only 52 vacancies which will be allocated to the first 52 students who pay their deposit and have returned both notes (Permission and code of conduct)

Final Payment date - 30 / 6 / 2023

Inclusions:

- Meals including lunch on snow, breakfast and dinner
- Accommodation
- Coach travel in video equipped/ seatbelt coach
- Entrance fees to Kosiosko National Park
- Ski clothing and equipment hire
- 3 Day Lift ticket and 3hr ski lesson daily

Accommodation:

4 – 8 Students per room

Snowy Mountain Motor Inn,

Berridale. (PH: 0451 818 568)

Teacher Supervision

There will be 5 teachers attending who are yet to be confirmed.

Organising Teacher **Paul Phease** (mb: 0409 495 853)

It is essential that all students have the following items:

- Sheets or sleeping bag, pillow slips and towels
- 30+ Sunscreen
- Sunglasses / Goggles
- Ski gloves
- Two pairs of thick woollen socks for snow activities
- Beanie or balaclava (heat loss is greatest through the head)
- Warm layers of clothing to go under the hire clothing
- Warm clothing to change into after snow activities
- Plastic bag for dirty or wet clothes
- Tissues
- Bum bag for nibbles, money and phone on snow. (optional)

Safety Rules:

- Students should dress in layers and wear appropriate safety gear
- Students **MUST** attend all lessons. Lessons cater for all ability levels, from beginner to advanced.
- Students must be punctual to all meetings on the snow and at the Motel
- Students must not leave the designated area, to be determined on the day depending on conditions
- Students must behave responsibly at all times i.e. on chair lifts, T bars, during lessons, skiing/snowboarding under control etc.

NOTE: For safety considerations, students who fail to fulfil the “ski trip code of conduct” will be unable to attend this excursion.



P.Phease

Organising Teacher



J.Stanley

Relieving Principal