Dear Parents,

I am writing to advise you of an upcoming excursion of the Unit 3 VCE Physical Education class to attend the O’Brien Group Arena in Docklands.

The students will participate in a range of activities including a skating lesson and ice hockey workshop. The excursion is a practical activity which ties in with our current unit of Physical Activity Monitoring and Promotion. The students will use the Social Ecological Model to analyse the variety of factors that may impact on a person’s likelihood to participate in physical activities such as ice skating. The students will respond to a series of questions in writing up a report of the excursion. This will also provide students with the opportunity to participate in a day of learning new skills and fun physical activity.

**Date:** Tuesday 1st March, 2016  
**Venue:** O’Brien Group Arena, 105 Pearl River Rd, Docklands.  
**Departure:** MECS Senior School, 9:00 am  
**Return:** MECS Senior School, around 3:30-4:00 pm **

**(For those students needing to catch a MECS/Martyrs bus, they will keep in touch with parents via mobile phone if they will be too late to catch the buses.)**

**Transport:** MECS Bus

**What to bring:** Students should bring food and a water bottle for the day (there will be the opportunity to purchase some food for lunch should students wish).

**What to wear:** The air temperature inside the arena is a mild 16 degrees, it is best to dress snug. Comfortable, warm clothes are recommended (layers are helpful). It is also important to wear long socks when skating otherwise participants may encounter blisters. Skates and ice hockey gear is provided by the Arena.

If you have any questions or concerns regarding your child’s involvement in this excursion, or additional information about your child’s medical suitability to participate in the activities outlined, please do not hesitate to contact me at school on 9738 6000 or via email at etresidder@mecs.vic.edu.au.

Yours in Christ,

_Emma Tresidder_  
_VCE Physical Education Teacher_