

16/10/2024

Open Access College Online Gym Workshop - Years 8 -12

Dear parent/carer,

As a member of the Open Access College (OAC) Online Gym Community, students are invited to attend a workshop that will explore health, wellbeing, resistance training, nutrition, and recovery. Students will explore, learn, and participate in classroom and gym activities, taught, and led by OAC staff and a highly qualified and experienced external Personal Trainer.

Date: Friday 22nd November 2024

Time: 10:00am – 3:00pm

Location: Open Access College – 1-37 Marden Road, Marden SA 5070

Room: MARS gym

Students will need to arrive before 10:00am and sign in at Student Services before meeting their teacher/s and making their way to the MARS gym. Students will be required to sign out at Student Services before leaving at 3:00pm.

Session times / program:

- 10:00 am – 10:15am: Welcomes, introductions, and briefing. Students meet Huw Bowen, Tahlia Jones (OAC staff) and Jordan Checker (PT) in front of Student Services
- 10:15 am – 10:45am: Functional Movement Screens
- 10:45am – 11:15am: Recess
- 11:15am – 12:45pm: Gym 1
- 12:45pm – 1:15pm: Lunch
- 1:15pm – 1:45pm: Effective recovery
- 1:45 pm – 2:45pm: Gym 2
- 2:45 pm – 3:00 pm: debrief and dismissal.

To attend this event: Students will be required to organise their own way to and from Open Access College.

Financial assistance is available for students where Open Access College is the enrolling school and who live 80km from Adelaide CBD to attend face to face events.

Students must bring:

- Pen, pencil, eraser
- Recess, Lunch, Water Bottle
- Active wear in which to move and workout.
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Please refer to the attached consent form for further details.

Return the completed consent form and media consent to Student.Services805@schools.sa.edu.au by Friday the 15th of November 2024.

Photos may be taken at this event and published on our website and Facebook page. If you have returned a media consent form at enrolment for 2024, you do not have to return another. You can check whether we have a media consent form on file via Daymap Connect Parent Portal.

Please contact Huw Bowen huw.bowen878@schools.sa.edu.au 82306881 or Tahlia Jones Tahlia.Jones691@schools.sa.edu.au 83053527 if you have any queries or concerns.

Yours sincerely,



Huw Bowen
Teacher



Zena Wotton
Deputy Principal

Open Access College
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