10th February 2013

Dear Parents, Carers and Students

Year 8 Camp 2014

Year 8 students will attend a 3 day camp at the Point Wolstoncroft Sport and Recreation Centre at Gwandalan from Monday 7th March to Wednesday 9th March. Students participate in a variety of activities that will challenge them and develop their problem solving, team skills and reinforce the college values of justice, hope compassion and respect. The camp provides an important opportunity for the year group to enjoy each other’s company and strengthen the bonds of friendship and reinforce our motto for the year “Good Choices make a Difference.”

Documents attached that require your attention

1. The permission slip to attend the camp. (at the bottom of this letter)
2. Medical information, activity consent and dietary requirements - this must be completed, signed and returned to your daughter’s Pastoral Teacher by Friday 7th March.
3. Packing list – please note that students are not permitted to wear short shorts, singlet style tops or tops with spaghetti straps during any activity.
4. Camp rules – prepared by Southern Cross Outdoor Education Centre

Please note that students are expected to comply with the rules of the camp and the standards of behaviour of the College. Parents/carers will be contacted immediately if students breach rules, act in a way that puts them or others at risk of harm, are caught with prohibited items or are clearly rude to staff. Arrangements will be made for you to collect your daughter from camp if we believe it is necessary.

Camp address and contact details
Point Wolstoncraft
Kanangra Drive, Gwandalan, NSW
Phone 02 4976 1666

Travel arrangements and departure/return times
Students will travel to and from the camp venue by bus. Buses depart Elizabeth Ross Park on Webb St at 8.30am on Monday morning. Students are required to be at the park by 8.15am for roll marking. We arrive back at Elizabeth Ross Park at 2.45pm on Wednesday. We ask parents to collect their daughters by 3.00pm at the latest or organise them to catch their usual school bus home should it be necessary.

Cost
The total cost of the camp includes transport, activities, accommodation and meals. It appears on your Term 1 school fees account.
Mobile phone, iPod, computer, valuables
Students are advised that mobile coverage is weak and to leave mobile phones at home. Students bring electronic and computer equipment and devices to the camp at their own risk. Staff will not take responsibility for any valuables lost whilst on camp.

Medication
Please place any medication your daughter is required to take in a plastic bag clearly labelled with her name and the instructions for administration. Medication packs must be handed to me before students board the bus on Monday morning.

Camp activities
Students work in groups to complete the following activities during the 3 day camp.

- Abselling
- Canoeing
- Archery
- Flying fox
- High ropes
- Team challenges and low ropes
- Orienteering
- Pirates climb

This will be a great opportunity for students in Year 8 to build new friendships, develop their self-confidence, learn more about themselves and, most importantly, have a lot of fun.

Please complete and return all forms to me by Friday 7th March. The Year 8 Pastoral team are looking forward to a wonderful camp.

Yours sincerely

Terry Gahan  
Leader of Yr 8

Cathy Toby  
Leader of Student Wellbeing

Parent/Guardian Consent to attend Yr8 Camp

I give ____________________________ my consent to attend the Year 8 Camp at the Point Wolstoncroft Sport and Recreation Centre at Gwandalan from Monday 7th March to Wednesday 9th March. I am aware that the students will be travelling by bus. I have completed and returned all required consent forms.

Parent/Guardian Signature ____________________________ Date _______________
Information for parents

Getting ready for camp

New skills, new friends and new experiences – school camp should be an exciting adventure. This information pack has been designed to help you prepare your child (and you) for a stress-free and enjoyable camp experience at Point Wolstoncroft Sport and Recreation Centre.

We have tried to cover all the questions you might have, but if you have a specific query that’s not covered here please contact our friendly staff on 13 13 02 or visit www.dsrnsw.gov.au

Packing checklist:

- Shorts and t-shirts (no singlets, sleeveless or microfibre tops)
- Jeans
- Jumpers and tracksuit pants
- Socks and underwear
- Raincoat
- Pyjamas
- Swimming costume and rash shirt
- Sunscreen, sunhat and sunglasses
- Toiletries, including soap (no aerosols)
- Two towels
- Pillowcase, sleeping bag and a single bed sheet
- Day-backpack
- Insect repellent (no aerosol)
- Lip balm
- Two pairs of sneakers (one old pair to wear in the water)
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
- Medications (if required)
- Handkerchief or tissues
- Water bottle.

Optional: camera, stamped envelope for writing a letter, souvenir money.

Handy hint: Please label clothing, towels and sleeping bag with your child’s name

What not to bring to camp:

- Aerosol cans (eg. spray on deodorant or insect repellent)
- Thongs, Ugg boots or slippers (these cannot be worn around the Centre or on activities)
- Radios or MP3 players
- Computer/video games
- Mobile phones
- Lollies or chewing gum
- Jewellery
- Anything valuable.

Please note that drugs, cigarettes and alcohol are not allowed at camp and campers found using or in possession of these items may be removed from the Centre. Illegal drugs will be reported to the Police immediately.

Luggage

One travelling case/bag and a sleeping bag is allowed per child and should be clearly marked with your child's name, address and phone number. Remember, your child will have to carry their luggage, so make sure it's not too big or too heavy.

Handy hint: Pack items needed on the trip in a smaller, lighter bag.

Medical information

The information you provide on the Medical and consent form – Child helps us to look after your child's health needs at camp. If your child has an injury, pre-existing condition, special dietary needs or is on prescription medicines, please provide full details on this form.

Your child should bring enough medication for the duration of their stay. All medicines should be in original packaging and clearly marked with your child’s name, together with instructions on the prescribed dosage and frequency. You should discuss this with your child’s teacher, who will be responsible for making sure your child takes their medication.

Bed wetting

If your child is prone to bed wetting, please let the school or Centre staff know beforehand, so staff can deal with the situation in a discreet and caring manner. Laundry facilities are available, please provide a waterproof mattress protector if required.

Asthma

If your child has been diagnosed by a doctor as having asthma, it's essential that you provide an asthma management plan so staff are aware of what action to take in the event of an attack. A copy of the Asthma Action Plan can be downloaded from www.asthmansw.org.au. Children with asthma should bring their own peak flow meters and keep their inhalers with them at all times.

Handy hint: Please make sure you put all important medical information on the Medical and consent form.