St Joseph’s Catholic College
Russell Drysdale Street
EAST GOSFORD 2250

18th February 2014

Dear Parents, Carers and Students

Year 9 Camp 2014

Year 9 students will attend a 3 day camp at the Morisset Outdoor Education Centre from Wednesday 9th April to Friday 11th April. Students participate in a variety of activities that will challenge them and develop their problem solving and team skills. The camp provides an important opportunity for the year group to enjoy each other’s company and strengthen the bonds of friendship through the activities and a shared liturgy.

Documents attached that require your attention
1. Parent/Caregiver excursion consent form - this must be completed, signed and returned to me by Monday 3rd March, 2014.
2. Medical information, activity consent and dietary requirements - this must be completed, signed and returned to me by Monday 3rd March, 2014.
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 Morisset 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
Nentura Road
Morisset. NSW
Freecall 1800334994

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 Wednesday 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 Friday. 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 activities such as the following during the 3 day camp.

- Abseiling
- Canoeing
- Archery
- Flying fox
- High ropes
- Team challenges and low ropes
- Leap of Faith
- Raft Building

This will be a great opportunity for students in Year 9 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 Monday 3rd of March. The Year 9 Pastoral team are looking forward to a wonderful camp.

Yours sincerely

C Maquire
Leader of Year 9

Cathy Toby
Leader of Student Wellbeing

Parent/Guardian Consent to attend Year 9 Camp

I give __________________________ Admin________ my consent to attend Year 9 Camp at Morissett Outdoor Education Centre from Wednesday 9th April to Friday 11th April. I am aware that the students will be travelling by bus. I have completed and returned the Medical, Activity Restriction and Consent Form and discussed the camp guidelines with my daughter.

Parent/Guardian Signature____________________________ Date________
Dear Parent or Guardian

Thank you for considering sending your son/daughter to participate in an outdoor education program with Outdoor Education Experience. The purpose of this letter is to inform you about our organisation and its' services, so that you can make an informed decision regarding your son/daughter’s attendance.

All of the staff at Outdoor Education Experience are young and energetic and ready to give your son/daughter a positive and memorable experience. Outdoor Education Experience staff set high standards of safety and moral conduct and will be accompanied by teachers from your son/daughter’s school during all activities. We have a strict policy of 'challenge by choice', i.e. everyone is encouraged to give it their best, but no-one is forced to do anything. The program of activities chosen by your school is challenging, educational and lots of fun.

We ask that you make your son/daughter aware of the camp guidelines (refer to student letter) before they arrive at camp. Your son/daughter will be informed of the camp rules on arrival and will be expected to carry out those safety rules during the program. If however, your son/daughter breaks our safety rules and puts themselves or others at risk of injury, (e.g. fighting, excessive bad behaviour and vandalism) we will contact you and ask for you to arrange to take them home as soon as possible (no refund is given). If your son/daughter becomes ill during the program, then the same procedure applies.

If you need any further information please contact our office on 1800 334 994. If you have decided to allow your son/daughter to participate in the program, you will need to fill in:

- Medical, Activity Restriction and Consent Form

This form should accompany the information sheet and should be read in conjunction with your son/daughter’s sample program of activities and the Outdoor Education Experience Activity List. Your payment will also need to be returned with these forms according to the arrangements made by your son/daughter’s school.

Yours Sincerely

Outdoor Education Experience Management
OUTDOOR EDUCATION EXPERIENCE MEDICAL, ACTIVITY RESTRICTION AND CONSENT FORM

Please complete the Medical, Activity Restriction and Consent Form and return with the nominated deposit to the school office or the teacher/s responsible for organising the camp at your son/daughter's school.

Total Cost per student $ ........... - ...... (inc. GST)

Initial Deposit $ ........... - ...... Due Date: ...... / ...... / .......

Remaining Payment of $ ........... - ...... Due Date: ...... / ...... / .......

Please make any cheques payable to: ...........................................................................................................

Participant Details

Surname: .......................................................................................................................... Gender: □M / □F

Given Name/s: .................................................................................................................. Date of Birth: ...... / ...... / .......

Address: ........................................................................................................................................

Emergency Contact Details

□Parent / □Guardian / □Contact Person: ...........................................................................................................

(Name in Full)

Telephone: ........................................... (Home) ........................................... (Business) ........................................... (Mobile)

Medical Information

Medicare No.: ........................................... Ambulance Cover: □Yes / □No

Position on Medicare Card (eg. 1,2): ........................................... Medicare Expiry: ...........................................

Private Health Insurance Fund: □Yes / □No

Fund Name: ........................................... Fund Policy No.: ...........................................

Please answer the following medical questions regarding your son/daughter:

1. Is your son/daughter in good health? □Yes / □No

2. Does your son/daughter suffer any chronic illness, or disability? □Yes / □No

   If yes, please specify: ...........................................................................................................

3. Does your son/daughter need to take any form of medication on camp? □Yes / □No

   If yes, please specify: (dose, frequency etc.) ..................................................................................

   Does the medication need refrigeration? □Yes / □No

4. Has your son/daughter suffered from any acute illness during the past four months? □Yes / □No

   If yes, please specify: ...........................................................................................................

5. Has your son/daughter had any major surgery (knee, back, heart, etc.)? □Yes / □No

   If yes, please specify: ...........................................................................................................
6. Has your son/daughter been treated by a doctor during the last four weeks? □ Yes / □ No

If yes, please attach a doctor's report with instructions about medical treatment and a certificate stating that the participant is fit to attend.

7. Does your son/daughter have any allergies? (insects, food, medication, etc.) □ Yes / □ No

If yes, please specify: .................................................................

8. Does your son/daughter have any special dietary requirements? □ Yes / □ No

If yes, please specify: ................................................................

9. Does your son/daughter: wet the bed? □ Yes / □ No
   sleep walk? □ Yes / □ No

10. Has your son/daughter had the Diphtheria Tetanus Toxoid booster injection? □ Yes / □ No

   If yes, what date was the last booster given? ..... / ..... / .......

11. Do you give permission for Panadol to be administered to your son/daughter if required? □ Yes / □ No

**Activity Restrictions**

All activities are instructed by qualified instructors and at all times are supervised and accompanied by your son/daughter's school teachers.

Please read the sample program of activities for your son/daughter's school in conjunction with the Outdoor Education Experience Activity List. If you do not want your son/daughter to participate in any particular activity or activities, please write them in the space provided and notify your son/daughter of the activity or activities for which they are to be excluded:

........................................................................................................

........................................................................................................

Is your son/daughter permitted to participate in swimming/water activities? □ Yes / □ No

If no, please inform your son/daughter that they are not to participate in any swimming/water activities.

How do you rate your son/daughter swimming ability?
[ ] Non Swimmer  [ ] Average  [ ] Competent (swim more than 50m)

**Parent or Guardian Consent**

In the event of any accident or illness and I am unable to be contacted, I authorise the obtaining of such medical assistance on my behalf that my son/daughter may require. I also agree to cover medical fees and/or cost of such assistance that may be incurred while my son/daughter is with Outdoor Education Experience.

Wilful damage of property while with Outdoor Education Experience will be paid for either by the student involved or by their parent/s or guardian.

I have read my son/daughter's sample program and have made them aware of the camp guidelines.

........................................................................................................ to attend the program run by Outdoor Education.

........................................................................................................ (Son/Daughter's Full Name)

Signature of Parent/Guardian ......................................................... Date: ..... / ..... / .......

........................................................................................................ (Parent or Guardian)
STUDENT GEAR CHECKLIST (3-DAY CENTRE PROGRAM)

☐ 3 T-shirts (no mid-riff or sleeveless shirts allowed)
☐ 3 pairs of shorts
☐ 2 long sleeve shirts or jumpers
☐ 2 pair of long pants for cold weather
☐ Spare socks and underwear
☐ Hat or cap and beanie
☐ 1 raincoat
☐ Pyjamas
☐ 1 pillow and pillow case
☐ 1 sleeping bag or sheet/s with blanket

☐ Torch (make sure it is working before you bring it on camp)
☐ 1 water bottle (1 litre capacity minimum)
☐ Insect repellent and Sunscreen
☐ 2 pairs of sensible joggers or boots (1 old pair that you can get wet - no thongs!)
☐ 2 plastic bags to put your dirty or wet clothes in
☐ Toiletries
☐ 2 towels (1 for outdoors, 1 for showers)
☐ Swimmers
☐ Hair tie for absciling (if you have long hair)
☐ Mess Kit - 1 plate, 1 bowl, 1 fork, 1 knife, 1 spoon, 1 cup and tea towel (mess kit)

☐ Optional Items – Camera, Souvenir / Shop Money

Note: In addition to the above items it is also recommended that you bring a small day pack so that personal items such as medications, water bottles, hats, raincoats, insect repellents and sunscreens can be easily carried during the day.

If your program includes a visit to the Watagan Mountains a separate gear checklist outlining the specific items to be packed for the visit should be included with your camp information.
Dear Student,

This letter has been designed to inform you of Outdoor Education Experience programs. A gear checklist is on the back of this page, so you can mark off the items as you pack them. You will also find a few hints and safety guidelines to ensure you have a safe and enjoyable time with Outdoor Education Experience.

All the staff at Outdoor Education Experience are young and energetic, eager to give you a positive and memorable camp experience. All the activities are designed so that you can try them at any level of challenge you wish. It is up to you to decide which activities you feel comfortable with and wish to participate in.

Safety is of extreme importance while on camp with Outdoor Education Experience, so the following camp guidelines need to be respected and adhered to. Please remember that if you put yourself or anybody else at risk of injury you will be sent home immediately. If you wilfully damage property, you or your parent/guardian will be expected to pay for its repair or replacement.

Please read the following camp guidelines and handy hints:

1. Please do not leave the campsite or activity areas without permission.
2. Respect male and female areas, enter no room other than your own.
3. All activities must be supervised by a teacher and/or an instructor.
4. Please respect others and stay in your dormitory after lights out.
5. Each group is responsible for the ongoing cleanliness of the camp. Please use the bins provided and keep your rooms tidy.
6. There is sporting equipment supplied for your free time.
7. It is suggested that you put your name on every item that you bring to camp.
8. Please bring your old clothes to camp and remove all jewellery.
9. Please DON'T bring any valuables such as mobile phones, ipods, jewellery etc.
10. The food at Outdoor Education Experience is great and there is plenty of it, please don’t bring an excess of junk food.
11. If you are an asthmatic, diabetic or suffer from any other medical conditions then please pack the appropriate medication (ask your parents about this and pass this information onto your teacher)
12. You are coming on camp to have an enjoyable and memorable time. Make sure you try every activity available to you on the program. You may never get the chance to participate in some of these activities again.

If you have any further questions or concerns in relation to these camp guidelines or any other details, please consult the teacher organising your camp.

Yours Sincerely

Outdoor Education Experience Management