



6th February, 2020

Dear Parent/Caregiver,

### YEAR 7 CAMP

We will soon be embarking on an important aspect of your child's schooling. With six years of High School ahead, it is important that positive relationships are established now within the Year group and that a strong team spirit is fostered.

The purpose of the camp is to build a strong sense of 'togetherness and belonging' and to foster a positive group spirit. Your child may have never had the opportunity to experience a camp. This one should not be missed. The details concerning this year's Year 7 Camp are as follows:

**DATES:** Monday, 6th April, Tuesday 7<sup>th</sup> April and Wednesday, 8<sup>th</sup> April 2020 inclusive

**LOCATION:** The Great Aussie Bush Camp  
Tea Gardens, NSW  
(02) 4997 3044

**TRANSPORT:** Chartered bus to and from the venue.

**TIME:** Departing **7:15am** on Monday, and returning **4:30pm** (approximately) Wednesday to the school bus bay in Wandella Road, Miranda. If students are expected to arrive back at school later than 4:30pm, we will endeavour to notify parents on the day via SMS or email. If you encounter any issues with picking up your child on 8<sup>th</sup> April, please contact the school's reception or, if it is after 3:30pm, please call **0436 817 919**.

**COST:** **\$350.00** including bus travel to and from the venue. This payment should be made to the school office by recess Friday, 6th March 2020. Cheques can be made payable to *Port Hacking High School*.

**NOTE:** No refunds will be available for this activity.

Please read and retain pages 1-4 of this notification, which provide details of camp activities and a list of what to bring.

Please read and complete the attached forms on pages 5-10 and have your child place them stapled together, in the box marked Year 7 Camp at the TAS – Home Economics staffroom ASAP, but by recess Friday, 28<sup>th</sup> February 2020 latest. Payment can be made up to 6<sup>th</sup> March.

School rules regarding behaviour apply to all students whilst on camp. Parents may be required to drive to the camp to collect a student if a discipline issue arises.

Please contact Ms Langley via the school email or telephone 9524-8816 if you have any queries regarding the camp.

B Hugo  
Principal

A Langley  
Year Adviser





## INTRODUCTION TO THE CAMP

NSW's largest, privately owned Outdoor Education providers. OEE run programs for students from Year 1 to Year 12, adjusting the content and the challenge to meet the needs and abilities of every individual. OEE staff are enthusiastic and fully qualified to run all activities, as well as being first aid and resuscitation trained. The facilities are clean, comfortable and well maintained. The programs are fully catered with an ample availability of nutritious and tasty food. Special dietary requirements can be accommodated.

- High Quality staff who are skilled and experienced
- An exemplary safety record
- A commitment to customer service

The camp program aims to:

- Provide students with opportunities for enjoyment, adventure and challenge
- Help students develop respect for themselves and others, by providing them with opportunities for personal and social development
- Enable students to take increased responsibility for their own development
- Promote healthy lifestyles and enjoyment of the outdoors
- Develop teamwork and cooperation amongst students
- Enhance friendships and understanding of others
- Increase personal self-esteem and confidence, accomplishment and achievement

All this is done through carefully controlled and structured activities that may include the following:

- Sea Kayaking
- Sailing
- Giant Swing
- Abseiling
- Raft Building
- Initiatives
- Commando spot lighting
- Night Activities
- Leap of Faith
- Lost (Mud World)



**CAMP GUIDELINES:** (Please ensure students are aware of these guidelines)

- Never leave camp or an activity without permission.
- All activities must be supervised by a teacher and instructor.
- Listen to and follow instructor's guidelines.
- Closed in shoes and hats should be worn at all times.
- Respect male & female areas; enter no room other than your own.
- Respect the natural environment, use bins provided, don't damage the bush.
- No pocket knives, glass, valuables, electronic equipment, are to be brought to camp.
- Do not approach, or attempt to pat the wildlife.
- All accidents / damage to equipment must be reported.  
Wilful damage will be paid for by the individual(s) responsible.
- Do not eat or drink in tents / cabins / dorms.
- No chewing gum to be brought to camp.
- Respect others after lights out. There should be no need to leave your tents / dorms / cabins after lights out.
- Each group is responsible for the ongoing cleanliness of the room / tent.
- To avoid accidents please do not run around campsite areas.
- As a general rule, students will not be removed from activities as punishment. They may be given a 5 minute time out to reflect.
- Allocating extra duties or taking away free time may also be used as behaviour management strategies.
- We may exclude students whose behaviour could result in serious danger or distress to themselves or others. In extreme cases, after consultation with teachers, the parents/guardians may be contacted and the student/s will be sent home.

**GEAR CHECKLIST – WHAT TO PACK:**

It is a good idea for students to make a list of packed items, so they know what to bring back. Both day and night camp activities are athletic and dirty – you won't need any 'nice' clothes.

- Mess kit (tea towel, plate, cup, bowl, knife, fork & spoon – dishwasher safe).
- Water bottle
- Raincoat (regardless of forecast)
- Hat or cap
- Sleeping bag (extra blanket in winter)
- Pillow
- Sunscreen
- 1 pair pyjamas (tracksuit in winter)
- Day pack (small backpack for water, sunscreen, etc)
- Torch (make sure it works before you leave home)
- Toiletries (including toothbrush!)
- Insect repellent
- 2 pairs of runners (1 old pair for water activities).
- Thongs – only for going to and from showers.
- 3 T-shirts needed, no singlets /tank tops/midriff tops (for safety on activities)
- 4 sets of underwear
- 3 pairs of shorts – NO MINI SHORTS (for safety on activities)
- 3 pairs of track pants
- 2 sloppy joes / windcheaters
- 4 pairs of socks
- One old T-shirt and one pair of shorts that can be worn through mud
- Bath towel
- Beach towel & swimmers
- Optional – camera, money for souvenirs
- Tissues / hankies
- Plastic bags for wet clothes/towels

PLEASE CLEARLY LABEL ALL PERSONAL ITEMS



## STUDENT DECLARATION SLIP

As this is a three-day excursion and the teachers have responsibility for you throughout this time, there are special rules with which you must comply.

Read through these carefully, sign the sheet and return it to Ms Langley

1. No lollies or soft drinks are to be taken on the bus or to the camp.
2. No cigarettes, alcohol or illegal substances are allowed to be taken to the camp, nor to be consumed.
3. Students are not permitted to leave the camp grounds, unless accompanied by members of staff.
4. Students are responsible for all their personal belongings brought to the camp.
5. It is the policy of PHHS that students **DO NOT** take their mobile phones to Year 7 camp. If a student contravenes this policy they do so at their own responsibility and risk. Please be assured that accompanying staff have a comprehensive list of contact details if parents need to be contacted for any reason.

\*\*\*\*\*

I have read, and agree to abide by, the above during my excursion to The Great Aussie Bush camp at Tea Gardens from Monday 6<sup>th</sup> April – Wednesday 8<sup>th</sup> April 2020 inclusive.

I am also aware that if I break camp rules or damage camp property I will be dismissed from the camp and my parent/guardian will be required to collect me.

\_\_\_\_\_  
(Student name)

\_\_\_\_\_  
(Student signature)

\_\_\_\_\_  
(Date)

## YEAR 7 CAMP CONSENT FORM

Student name: \_\_\_\_\_

Roll Class \_\_\_\_\_

*Please indicate your consent by placing a tick ✓ in all appropriate boxes.*

- I give consent for my son/daughter/ward, whose name appears above, to attend the Year 7 Camp, including travel by bus, from Monday 6<sup>th</sup> April – Wednesday 8<sup>th</sup> April 2020 inclusive, as detailed in the notification dated 6<sup>th</sup> February 2020.
- I confirm that I have read and understood all the information provided regarding the Year 7 Camp at Great Aussie Bush Camp, Tea Gardens.
- I understand that my son/daughter/ward will travel to and from the venue by chartered bus and use the facilities of The Great Aussie Bush Camp.
- I agree that if my son/daughter/ward seriously contravenes behavioural expectations whilst on the excursion, I will collect my son/daughter/ward from the excursion at a designated location.
- Should exclusion from the excursion eventuate, I accept full responsibility for my son/daughter/ward upon notification of his/her exclusion by the excursion coordinator and Principal. I accept full responsibility for all expenses incurred in such event.
- I give the teachers accompanying the excursion authority to seek such medical attention as they may consider necessary and advisable at any time during the period of the excursion. I understand and agree that any medical services provided will be at my expense.
- I have indicated all relevant medical details relating to my son/daughter/ward on the Medical Declaration form provided with this excursion notification and permission note.

### WATER ACTIVITY PERMISSION

- I understand that some activities on this excursion involve water activities in the form of swimming or boating. These activities will take place in either a swimming pool, the river or at the beach. In relation to the proposed water activities:
- I DO NOT give permission for my son/daughter/ward to participate in water activities.
- I give permission for my son/daughter/ward to participate in water activities and advise that he/she is a:
 

strong swimmer
 average swimmer
 poor swimmer
 non-swimmer

In signing hereunder, I agree to accept all the terms and conditions above, unless those indicated otherwise.

\_\_\_\_\_  
Parent/Guardian Name (please print)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



## MEDICAL DECLARATION SLIP

### MEDICAL EMERGENCY

In the event of an accident or serious illness to your son/daughter/ward, every effort will be made to contact you or a contact person nominated by you. In an emergency, it could be necessary to obtain medical advice or hospitalisation. Please complete all following information:

Student name: \_\_\_\_\_  
(please PRINT)

#### Parent or caregiver contact details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: Home: \_\_\_\_\_ Work: \_\_\_\_\_ Mobile: \_\_\_\_\_

#### Parent or caregiver contact details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: Home: \_\_\_\_\_ Work: \_\_\_\_\_ Mobile: \_\_\_\_\_

#### Emergency contact(s) details (nominated by the parent or caregiver as alternate contact)

1. Name: .....

Phone: ..... .....

2. Name: .....

Phone: ..... .....

#### Doctor contact details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: 1. \_\_\_\_\_ 2. \_\_\_\_\_



<b>Medical Conditions:</b> List any existing medical conditions, illnesses or current injuries (including allergies, asthma, diabetes, epilepsy, etc.). Outline the treatment for each.	
<b>Condition/Illness</b>	<b>Treatment</b>

<b>Medication(s)</b> My child/ward is currently taking the following medication(s):to be administered during the excursion. Include name of medication, instructions for administration, time of administration and any possible reactions.	
<b>Medication</b>	<b>Instructions for administration</b>
	<div style="text-align: right;"><input type="checkbox"/> Requires refrigeration</div>
	<div style="text-align: right;"><input type="checkbox"/> Requires refrigeration</div>
<b>Other medications:</b> Please indicate other medication/s the student will provide for this excursion (eg paracetamol, ibuprofen, antihistamines, nausea or diarrhoea)	
<b>Medication</b>	<b>Instructions for administration</b> (eg, dosage, frequency, etc)
	<div style="text-align: right;"><input type="checkbox"/> Requires refrigeration</div>
	<div style="text-align: right;"><input type="checkbox"/> Requires refrigeration</div>

**With the exception of Epipens and asthma puffers which should be carried by students at all times,** I agree that any other medication sent to the camp for my child will be provided to the Year Advisor in a clear plastic container, clearly labelled with my child's name and full instruction for administration of said medication.

Is your child/ward anaphylactic?  YES     NO

Is your child's/ward's immunisation is up to date?  YES     NO

Date of last tetanus injection: .....



Does your child wet the bed?  YES  NO

Does your child sleepwalk?  YES  NO

Is your child/ward in good health?  YES  NO

Has your child/ward suffered from any acute illness in the past four months?  YES  NO

Has your child/ward been treated by a doctor in the past four weeks?  YES  NO

Has your child had any major surgery? (eg. knee, heart, back?)  YES  NO

Type of surgery: \_\_\_\_\_

*In the case of emergency situations, at all times excursion staff will try to contact one of the parent's/caregiver's or alternative emergency phone contacts. The safety and wellbeing of your child is paramount and medical decisions will be made only in consultation with a medical practitioner. In the event of the excursion staff not being able to make contact with any of the nominated parents/guardians or alternative emergency contact person(s), I give permission for the excursion staff to:*

Admit to hospital  YES  NO

Authorise the administration of local and general anaesthetic  YES  NO

Authorise the administration of a blood transfusion  YES  NO

Note: the above are considered to be for **EMERGENCY ONLY**

Administer medication, including paracetamol or ibuprofen  YES  NO

Obtain medication (on medical advice)  YES  NO

Dietary needs: Outline special dietary needs including possible reaction to inappropriate diet (eg lactose intolerance, vegetarian, wheat or gluten free diet, halal, etc)	
Special Dietary Needs	Possible Reaction

In signing hereunder, I confirm that all information provided is accurate and inclusive of all relevant information known to me.

\_\_\_\_\_  
Parent/Guardian Name (please print)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

## THE GREAT AUSSIE BUSH CAMP

### PARENT OR GUARDIAN CONSENT / ACTIVITY RESTRICTIONS

All activities are instructed by highly trained team members, your child's teachers are also always present at activities and free time. Please peruse the activity list included. Activities are planned with the age and ability of the students involved in mind. Time constraints may prevent students being able to do every activity listed, however, if there are any activities that your child is not permitted to participate in, for medical or personal reasons, please inform your child and indicate details below:

---

I agree to my child \_\_\_\_\_ participating in all the activities at The Great Aussie Bush Camp.

I understand that although The Great Aussie Bush Camp and its service providers attempt to minimise any risk of personal injury to my child, there is an inherent risk of personal injury in the physical activities that will be undertaken as part of this program.

In understanding the above I agree to release The Great Aussie Bush Camp and its employees, agents and contractors from and against all claims, demands, suits, losses and liability whatsoever for any accident, injury, damage or loss occasioned during the child's participation in the program and their time at camp unless such claim has arisen as a direct result of some negligent act or omission or misconduct on the part of The Great Aussie Bush Camp or its employees, agents or contractors.

In the event of an emergency, and I am unable to be contacted, I authorise for my child to receive any medical treatment that is deemed necessary. I also undertake to cover any costs that may be incurred with any medical treatment received, ambulance transport and medication while my child is at The Great Aussie Bush Camp.

\_\_\_\_\_  
Parent/Guardian Name (please print)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date