ST GREGORY’S COLLEGE
CAMPBELLTOWN

Year 7 Camp
2016
Sydney Academy of Sport
Narrabeen

Monday 14 March - Wednesday 16 March
Term 1, Week 8
16 February 2016

Dear Parents or Guardian,

This booklet includes all relevant information for the Year 7 Camp to the Sydney Academy of Sport, Narrabeen on the Monday 14 March to Wednesday 16 March 2016 (Term 1, Week 8). The Camp will provide an educational and social experience for all Year 7 and it is anticipated that all will attend.

The Year 7 Camp will provide an opportunity for the students to move to the next stage of their transition from Year 6 to Year 7 by developing:

- A sense of community
- Team spirit within Year 7
- Personal independence
- Self esteem
- An understanding of one’s worth
- Beginning to develop confidence in one’s ability
- Aiding in the transition from Primary to Secondary

Your Child is about to attend a Sport and Recreation school camp at Sydney Academy of Sport and Recreation organised through St Gregory’s College - Campbelltown. Prior to the camp all students must complete a Medical and Consent Form.

The information that Sport and Recreation needs about your child includes:

- medical conditions
- food related allergies
- special diets
- medication
- emergency contact details

Sport and Recreation needs you to complete this form on behalf of your child. The form is available online and is easy to complete. Once you submit the form it is sent directly to the Centre so the staff can prepare for your child’s visit.

It is vital that you enter the following details to complete the online form:

- Booking Number: 465045
- Booking Start Date: 14/03/2016
- Booking Venue: Sydney Academy of Sport and Recreation

Please complete the Medical and Consent Form by 22/02/16 at https://sportandrecreation.nsw.gov.au/facilities/schools/medicalandconsentform

All College regulations regarding behaviour, no mobile phones and valuables will be adhered to on the Camp. If your son is unable to abide by the College’s expectations, you will be asked to collect your son from the campsite.

Please note: It is imperative that staff have knowledge of any medical/medication and/or special dietary requirements prior to the Camp. If your son requires prescription medication throughout the Camp it must be handed to me (when boarding the bus), in original packaging, clearly labelled, with clear instructions on the ‘prescribed medical authority form’.
Excursion name or activity: YEAR 7 CAMP 2016 – BIG BROTHER ATTENDANCE

Date: Monday 14 March 2016 – Wednesday 16 March 2016

Educational objective(s): The camp will provide an educational and social experience for all Year 7 and is a great opportunity for selected Year 11 ‘Big Brothers’ to mix with our new Year 7 students and give them insights to life at St Gregory’s College from the perspective of a Senior Student. Your son has been invited to attend in this capacity.

Venue details: Sport and Recreation School Camp at Sydney Academy of Sport and Recreation

Travel arrangements:

<table>
<thead>
<tr>
<th>Transport Method</th>
<th>Depart From</th>
<th>Depart Time</th>
<th>Return To</th>
<th>Return Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bus</td>
<td>St Gregory’s College</td>
<td>8.30 am</td>
<td>St Gregory’s College</td>
<td>2.30 pm</td>
</tr>
</tbody>
</table>

Permission slip due date: 22 February 2016

Subject Coordinator or Year Coordinator: Mr Stephen Hartnett, Year 7 Coordinator

Uniform details: Casual Clothing

Meal arrangements: Provided by NSW Department of Sport and Recreation

Other information: See Camp Package. Please ensure you fill in the online form as directed in the attached package.

If you wish to speak to me regarding any aspect of the Year 7 Camp, I can be contacted on 02 4629 4238 or stephen.hartnett@stregs.nsw.edu.au.

Yours sincerely

Mr Stephen Hartnett
YEAR 7 CO-ORDINATOR
Parent information: School camps

Got questions?
If you have a specific query that’s not covered in this page, please contact us

New friends, new skills and new experiences – it all happens at school camp.

To make it a stress-free and enjoyable time for you and your child, we’ve put together this information to help you prepare.

Health and Safety

Medical and Consent Form
Six weeks prior to camp your child’s school will provide you with details enabling you to complete our online Medical and Consent form on behalf of your child. You must complete and submit this form online at least three weeks prior to camp. The information you provide on the Medical and Consent form will help us look after your child’s health needs at camp. If your child has an injury or pre-existing condition, allergy, special dietary needs or is on prescription medicines, please provide full details on this form. Sport and Recreation will share the information you provide with your child’s school.

Medication at Camp
Your child should bring enough medication for the duration of their stay. All medication should be in its original packaging and clearly labelled with your child’s name, the dosage and frequency. You should discuss this with your child’s teacher as they will be responsible for making sure your child takes their medication.

Asthma and Anaphylaxis
If your child suffers from asthma or anaphylaxis you will need to provide an asthma management plan or anaphylaxis action plan to the Centre at least three weeks prior to attending camp. Children with asthma need to bring their own peak flow meters to camp and carry their inhaler with them at all times. Children at risk of anaphylaxis need to bring at least one adrenaline auto injector. On catered programs, children with food allergies are required to wear an identifying red wristband. This is an added precaution to assist staff when managing situations where food allergens may be present. Find out more about processes and procedures in place to manage allergies and anaphylaxis.

Bed Wetting
If your child is prone to bed wetting, please advise the school or Centre staff in advance so staff can deal with the situation in a discreet and caring manner. If required, please provide a waterproof mattress protector.

Camp Life

Accommodation
Students stay in comfortable rooms or lodges with male and female students accommodated separately. At least one visiting teacher will stay in a room nearby and will be responsible for student safety and behaviour.

Meals
Our qualified catering team prepare nutritious and delicious meals so your child will never go hungry at camp. If your child has any special dietary requirements or food allergies, it’s crucial that these
are listed on the Medical and Consent form. It’s also a good idea to mention it to your child’s teacher before camp. Special diets are provided for medical conditions, religious beliefs and lifestyle choices such as vegetarians or vegans.

**Behaviour**
So that camp is a fun and safe experience for everybody, we have rules in place for students to follow. These will be explained to your child on arrival at camp. If your child misbehaves, we will discuss with your child’s teacher the best course of action. Sport and Recreation has a zero tolerance stance on bullying.

**Outdoor Safety**
Every effort is made to ensure your child’s safety and comfort while at camp. Our SunSmart policy promotes wearing broad-brimmed hats and sunscreen and we minimise sun exposure during the hottest part of the day. Personal flotation devices (life jackets) are supplied by the Centre. Covered shoes must be worn when participating in all boating activities.

**Money and Valuables**
Your school may ask students to buy meals going to and from camp. If your child needs spending money, we suggest this is limited to $20 or $30. Please put money in a sealed envelope with your child’s name clearly marked on it.
Note: Sport and Recreation takes no responsibility for the loss or damage to a client’s personal property, including money or other valuable items.

**Accidents or Emergencies**
Centre staff hold senior first aid accreditations and can administer first aid, if required. If your child requires medical assistance, they will be taken to the nearest medical centre or hospital and we will notify you. In case of emergencies, parents can contact the Centre between 8:30am and 5:00pm Monday to Friday. View contact details for each Centre.

**What to pack**

**Luggage**
One piece of luggage, a sleeping bag and a small day backpack is recommended per child. These should be clearly marked with your child’s name, address and phone number. Remember, your child will have to carry their luggage so it’s good to make sure it’s not too big or too heavy. Items needed on the trip should be packed in the backpack.

**Checklist**
Please label all clothing, towels and sleeping bag with your child’s name.
- Shorts and t-shirts (no singlets, sleeveless or midriff tops)
- Jeans
- Jumpers and tracksuit pants
- Socks and underwear
- Raincoat
- Pyjamas
- Swimming costume and rashie shirt
- Sunscreen, sun hat and sunglasses
- Two pairs of running shoes (one old pair to wear in the water)
- Toiletries, soap, lip balm and insect repellent (no aerosols)
- Two towels
- Pillow, sleeping bag or doona and two single flat sheets
- Day backpack
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
• Medication (if required)
• Handkerchief or tissues
• Water bottle

Optional
• Camera

If visiting teachers and supervising adults use their own ski equipment it is accepted, as per the terms and conditions, that Sport and Recreation is not liable for any injuries or loss suffered due to the use of equipment that has not been supplied by Sport and Recreation.

What not to bring
• Aerosol cans (i.e. spray-on deodorant or insect repellent)
• Mobile phones and other electronic devices
• Lollies or chewing gum
• Jewellery
• Anything valuable (Sport and Recreation takes no responsibility for the loss or damage to a client’s personal property, including money or other valuable items)

Prohibited
Drugs, cigarettes and alcohol are not allowed at camp and any student found using or in possession of these items may be removed from the Centre. Students found in possession of illegal drugs will be reported to the police immediately.

Staying in touch during camp
While at camp, you can send your child a message by fax or by using the contact form on this website. Clearly mark your child’s name and school on all correspondence. We do not encourage children to phone home as this can contribute to homesickness.
Sydney Academy of Sport and Recreation
Wakehurst Parkway
NARRABEEN NSW 2101

Parents may fax or email their son

- Fax: 02 9454 0345
- Email: sydney.academy@communities.nsw.gov.au
- Camp Emergency Contact: 8.30am–5.00pm 02 9454 0222

• School Mobile 0437 609 403

The Year 7 Coordinator will be carrying this phone for the duration of the camp only