



ST GREGORY'S COLLEGE CAMPBELLTOWN

100 Badgally Road, Gregory Hills 2557
Telephone 02 4629 4222
Facsimile 02 4628 1594
ABN 42 940 977 322

13 February 2020

Dear Parents and Carers,

This letter includes all relevant information for the Year 7 Camp to the Sydney Academy of Sport, Narrabeen. The camp begins on **Monday 16th March and concludes on Wednesday 18th March 2020 (Term 1, Week 8)**. The Camp will provide an educational and social experience for all Year 7 and the expectation is 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
- Confidence in one's ability
- The smooth transition from primary to secondary

Prior to attending the camp, all parents/carers must complete a **Medical and Consent Form**. By completing the Medical Form, you are also providing the College and Narrabeen Sport and Rec with your permission for your child to attend the camp.

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

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

Sydney Academy of Sport, Narrabeen 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: **559351**
Booking Start Date: **16/03/2020**
Booking Venue: **Sydney Academy of Sport and Recreation**

Please complete the Medical and Consent Form **by Monday 24/02/20** at:

<https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform>

All College regulations regarding **behaviour, 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 myself or Ms. Rebecca Burke, before boarding the camp bus, in original packaging, clearly labelled, with clear instructions on the 'prescribed medical authority form' found at the above hyperlink.

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|---|---|----------------------|---------------------|----------------|
| Excursion name or activity: | YEAR 7 CAMP 2020 and 'BIG BROTHER' ATTENDANCE | | | |
| Date: | Monday 16 th March 2020 – Wednesday 18 th March 2020 | | | |
| 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 into life at St Gregory's College from the perspective of a Senior Student. | | | |
| Venue details: | Sydney Academy of Sport and Recreation - Wakehurst Parkway, Narrabeen, NSW, 2101 | | | |
| Travel arrangements: | Transport Method: Bus | | | |
| | Depart From: | St Gregory's College | Depart Time: | 8.30 am |
| | Return To: | St Gregory's College | Return Time: | 2.30 pm |
| Medical and Consent Form Due Date: | Monday 24 th February 2019 | | | |
| Year Coordinator: | Mr Luke Wilson, 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 this letter. | | | |

If you wish to speak to me regarding any aspect of the Year 7 Camp, I can be contacted on 02 4629 4238 or luke.wilson@stgregs.nsw.edu.au. For more information on camp life and what to pack, go to;

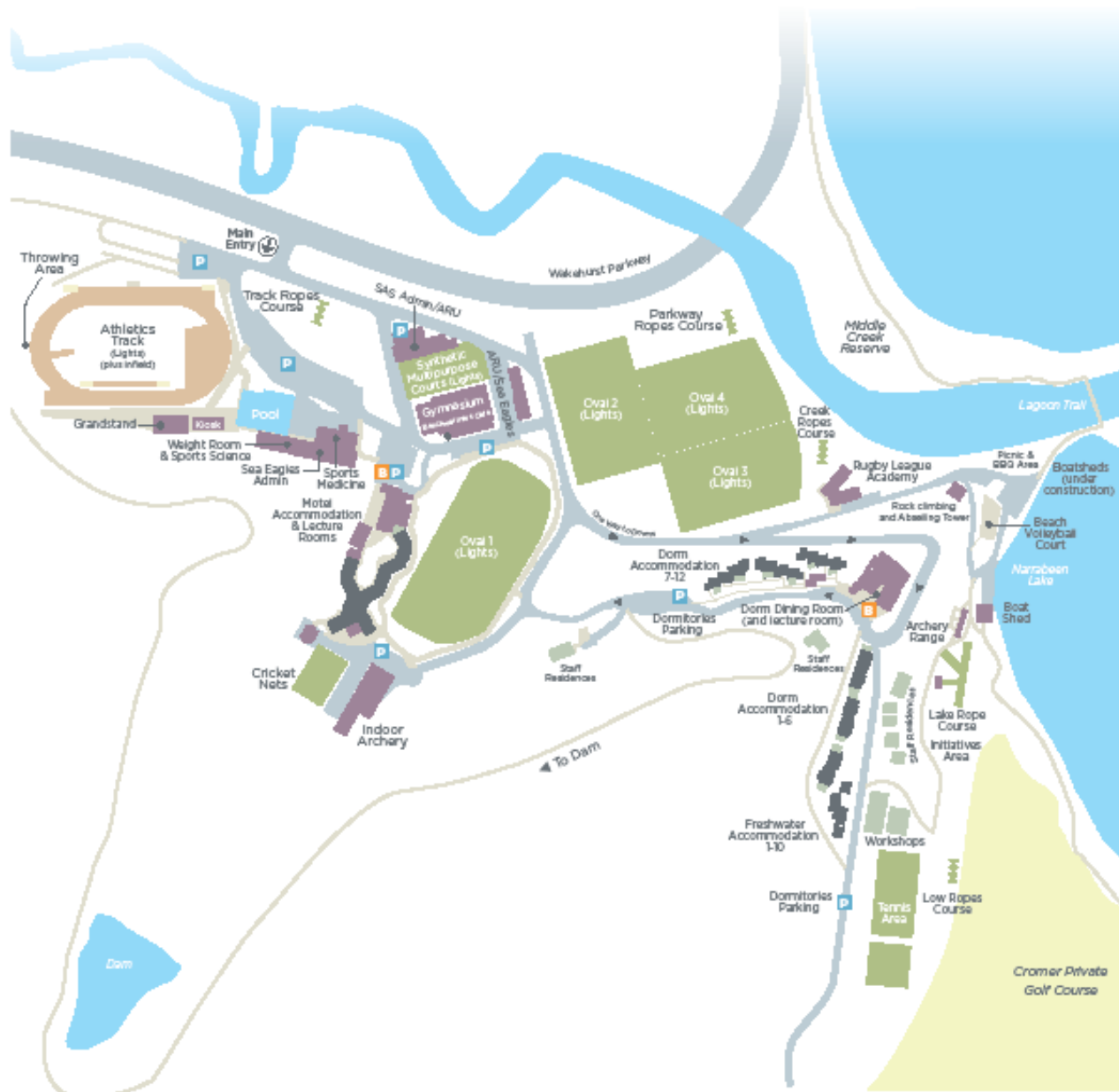
<https://sport.nsw.gov.au/facilities/schools/parent>

Yours sincerely,

Mr Luke Wilson - Year 7 Co-ordinator

SYDNEY ACADEMY OF SPORT AND RECREATION CENTRE

Centre Map



Car Park



Bus Drop Off & Pickup



Office of Sport
Sport & Recreation

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](#) [3] 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](#) [4].

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. We also sell souvenirs at 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
- Money for souvenirs

If visiting teachers and supervising adults use their own ski equipment it is accepted, as per the [terms and conditions](#) [5], 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.

CONTACT INFORMATION

**Sydney Academy of Sport and Recreation
Wakehurst Parkway
NARRABEEN NSW 2101**

The College Facebook page will be updated periodically over the 2 and a half days at camp with photos and descriptions of activities boy's will be participating in.

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
(Ph) 02 9454 0222

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| • School Mobile | 0437 609 403 |
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| The Year 7 Coordinator will be carrying this phone for the duration of the camp only |
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