17 February 2016

Dear Parents/Caregivers

A final reminder that the Stage 3 Camp to Narrabeen Sport and Recreation is on Monday 7 March, Tuesday 8 March and Wednesday 9 March 2016. Children are to arrive at school the normal time of 8:40am with their luggage.

Children will go to class when the bell goes where their rolls will be taken before departure to Narrabeen at 9:30am.

Any prescribed medication is to be clearly labelled with their name and dosage and given to Mrs Wilson upon your child’s arrival at school.

If your child plans on purchasing gifts at the centre, please place any money in a labelled envelope and hand it to their class teacher.

We will be returning from camp on Wednesday, 9 February in time for normal 3:10pm dismissal. If there are any unexpected changes, the school will be notified and announcements will be made over the school PA system and over Facebook.

Yours sincerely

Ms Michele Hanman  
Assistant Principal

Mrs Kathy Browne  
Principal
Parent information: School camps

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.

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
• Warm jacket (winter only)
• Three layers of warm clothing (Winter only)
• 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
• Up to $20 for souvenirs
Health and safety

Medical and Consent form

The information you have provided on the Medical and Consent form will help us look after your child’s health needs at camp.

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.

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

We sell souvenirs at camp. If your child needs spending money, we suggest this is limited to $20. 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 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 the 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.