



St Agnes Catholic High School

PO Box 24, ROOTY HILL NSW 2766

phone: 8882 0700
fax: 9832 1927
email: stagnes@parra.catholic.edu.au
website: www.stagnes.nsw.edu.au

26 February 2019

Year 7 Camp

Dear Parents/Guardians,

The Year 7 Camp is an integral part of St Agnes Catholic High School's pastoral program and attendance is compulsory. The following is an outline of the arrangements that have been made for the 2019 camp.

There will be a three day camp with overnight stays at the Outdoor Education Experience Centre at Morisset from Wednesday 20th March to Friday 22nd March 2019. We will leave school at 8.15am on the Wednesday morning and travel by bus to Morisset. Students will be staying in on-site accommodation units and will return to school on Friday 22nd March in time to catch the afternoon school buses. Contact details of the campgrounds, etc can be found within the accompanying notes. The camp program is run by trained instructors. Students will be supervised at all times by St Agnes staff. The cost of the camp, which has been included on your child's school fees account, covers the cost of accommodation, meals, all activities and transport. Please note that if your child does not attend camp the cost will **not be refunded**. Please arrange a meeting with Ms Gale if your child is unable to attend.


Students must bring a **mess kit**, all **toiletries**, **towels** (beach and bath), a **torch**, a **hat**, **swimwear**, **sunscreen**, a **sleeping bag** (or sheets and a pillowcase) and a pencil case with basic **stationery** supplies. (Please also refer to **Gear Checklist**). If a student requires medication it is to be given to Ms Gale on the morning of departure with full instructions on usage. All parents are asked to complete and return both the liability release and medical consent forms. Students are encouraged not to bring any valuables such as iPads, devices, mobile phones, etc. The campsite phone number has been provided if students need to be contacted in the case of an emergency. NB: Students who choose to bring any of the above mentioned devices and are found to be using them during activities, meal times or after 'lights out' will have them confiscated for the remainder of the camp.


Students are expected to act in a responsible manner at all times while on camp. (Refer to the school diary pages vi and vii) and the Declaration Form. If a student does not follow these guidelines, parents will be contacted and asked to pick up their son / daughter from the campsite.


The camp is an important part of your son's/daughter's transition to secondary school and all students are expected to attend. Please do not hesitate to contact Ms Gale if you have any enquiries, suggestions or concerns.

Attached to this letter are a Parent & Student letter, Guidelines and Gear checklist and a Medical, Activity Restriction and Consent form. Please complete the Medical, Activity Restriction and Consent form and the Liability Release note and ask your son / daughter to return them to his / her Learning Advisor by **Tuesday 5th March**.

Yours sincerely


Mrs Lisa-Maree Browning
Principal


Ms Elizabeth Gale
Leader of Learning Pathways


Mr Patrick Madigan
Year 7 Learning Mentor



STUDENT GEAR CHECKLIST (3-DAY CENTRE PROGRAM)

- | | |
|---|--|
| <input type="checkbox"/> 4 T-shirts (no mid-drift or sleeveless shirts allowed) | <input type="checkbox"/> Torch (make sure it is working before you bring it on camp) |
| <input type="checkbox"/> 4 pairs of shorts (Not short, shorts) | <input type="checkbox"/> 1 water bottle (1 litre capacity minimum) |
| <input type="checkbox"/> 2 long sleeve shirts or jumpers | <input type="checkbox"/> Insect repellent and Sunscreen |
| <input type="checkbox"/> 2 pair of long pants for cold weather | <input type="checkbox"/> 2 pairs of sensible joggers or boots (1 old pair that you can get wet - no thongs!) |
| <input type="checkbox"/> Spare socks and underwear | <input type="checkbox"/> 2 plastic bags to put your dirty or wet clothes in |
| <input type="checkbox"/> Hat or cap and beanie | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> 1 raincoat | <input type="checkbox"/> 2 towels (1 for outdoors, 1 for showers) |
| <input type="checkbox"/> Pyjamas | <input type="checkbox"/> Swimmers |
| <input type="checkbox"/> 1 pillow and pillow case | <input type="checkbox"/> Hair tie for abseiling (if you have long hair) |
| <input type="checkbox"/> 1 sleeping bag or sheet/s with blanket | <input type="checkbox"/> 1 plate, 1 bowl, 1 fork, 1 knife, 1 spoon, 1 cup and tea towel (mess kit) |
| <input type="checkbox"/> 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.



MORISSET ACTIVITY LIST

Abseiling	5m and 10m abseil tower at the centre or 5m to 50m natural cliff abseiling as part of a day visit to the Watagan Mountains	Age dependent. Generally Yr. 5+ Min. Yr.7 off-site
Archery	Safe and fun. Structured lesson and practice time	All ages
Bushcraft	Basic camp fire building and damper cooking	Generally Yr. 1+
Bushwalking	Guided bushwalking experience. From 1/2 day environmental awareness to 3 day expeditions	Age dependent Generally Yr. 5+
Canoeing	3 person canoes. All students wear PFD's. Creek or lake locations	All ages
Challenge Ropes	Harnessed activity. Sequential elements rising to 8m with 60m flying fox	Min. Yr 5
Dual Flying Fox	Harnessed Activity. Adrenaline rush flying fox down a steep slope.	Generally Yr 5+ Min. Yr. 3
Fencing	Great fun and very safe. Protective equipment used to suit all ages. Structured lesson and practice time	All ages
Giant Swing	Very exhilarating 15m harnessed pendulum swing	Generally Yr. 5+ Min. Yr. 3
High Ropes Courses	Harnessed activity. Sequential elements at 4m, 7m and 12m (Jnr and Snr courses available)	Generally Yr. 3+, 5+, 7+, 9+
Icebreakers	Introductory Get To Know You and trust building activities	All ages
Initiatives Exercises	Student led problem solving and initiative activities	All ages
Leap of Faith	An adrenalin rush, leaping off a 10m pole.	Generally Yr. 7+
Moonwalker	Unique teamwork activity focusing on production of a quality product	Generally Yr. 7+
Mud World	Challenging mud course for teamwork and a lot of fun.	Generally Yr. 7+
Multi Climb	Harnessed pole, rope, peg and crate climbing activities. 12m.	All ages
Navigation Challenge **	Extension of orienteering skills. Bush point to point course as part of a day visit to the Watagan Mountains	Generally Yr. 7+
Orienteering	Introduction to navigation. Score course or point to point courses at the centre	All Ages
Pioneering	Teamwork Initiative Activity	All ages
Raft Building	Small group teamwork activity. Construct and race your raft	Generally Yr. 5+
Rock Climbing	5m and 10m rock climbing tower at the centre or 10m natural cliff rock climbing as part of a day visit to the Watagan Mountains	All ages (on-site) Min Yr7 (off-site)

Sailing	2 or 3 person sailing dinghies. Various locations on Lake Macquarie	Generally Yr. 7+
Sea Kayaking	2 person sea kayaks. Various locations on Lake Macquarie.	Generally Yr. 7+
Snorkelling	Snorkelling at Shingle Splitters on Lake Macquarie	Generally Yr. 6+
Sports	Oval games, basketball, volleyball, table tennis	All ages
Super Drop	8m harnessed vertical drop.	Generally Yr. 5+
Survivor Challenge	Water based teamwork activity.	Generally Yr. 7+
Teamwork Matrix	Low ropes activity to promote small group teamwork	Min. Yr. 3
Ten Pin / Laser Tag / Tree Tops	Outsourced activities requiring and additional cost or alternative wet weather activity Laser Tag Maitland Gaol (\$35), Laser Tag / Bowling (\$11), Tree Tops Adventure Park (\$25)	All ages
Night Activities	Games Night, Commando Night, Trivia Quiz, Camp fire, Challenge Night, Disco, Priest of the Parish, County Fair	All ages
Excursions **	Old Sydney Town, Australian Reptile Park, Watagan Mountains	Age Dependent
Expeditions **	Combining navigation skills, bushwalking, abseiling, rock climbing. Ranges from overnight bivouacs to 3 day expeditions	Age Dependent Min. Yr. 9+

NOTE:

****Some activities may require transport or incur additional cost.**



OUTDOOR EDUCATION NSW MEDICAL AND ACTIVITY RESTRICTION FORM

Please complete the Medical and Activity Restriction Form and return to Learning Advisor by Tuesday 5th March

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 N°: Ambulance Cover: ☐Yes / ☐No
Position on Medicare Card (eg. 1,2): Medicare Expiry:
Private Health Insurance Fund: ☐Yes / ☐No
Fund Name: Fund Policy N°:

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 doctors report with instruction 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?
sleep walk?

☐ Yes / ☐ No

☐ 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.

During your son/daughter's time at camp the original program which is organised in consultation with the schools requests may need to be changed due to weather or other unforeseen events. We recommend you view the entire activity list available at the centre your child is attending. This can be done by going to www.outdoorednsw.com.au and clicking on (Morisset, Gosford, or Wyee). Once inside the sites page you can click on "Activity List" to receive a download of the sites entire 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. Please be aware that any activities that have been restricted cannot be changed by the student on arrival should they then wish to participate. All activities are "Challenge by Choice" and no student is forced to attempt any activity:

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 NSW.

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

..... to attend the program run by Outdoor Education.
(Son/Daughter's Full Name)

Signature of Parent/Guardian Date: / /