



22 July 2019

Dear Parents/Guardians

### YEAR 4 CAMP

Please be informed of the following information regarding our camp in Term Three.

Venue: Lake Ainsworth Sport and Recreation Centre  
Pacific Parade  
LENNOX HEAD NSW 2478  
Date: Monday 26 August to Wednesday 28 August 2019

This letter outlines details of the camp:

1. Information for parents –approval to be given on Parent Lounge
2. A link to the Lake Ainsworth Medical Form (\*) - complete online
3. Packing list and checklist

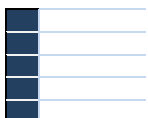
It is a valuable experience for students to attend camp as part of a supportive community and where they will be encouraged to try new experiences in a safe, simple, fun and natural environment, with trained and caring staff. Attendance at camp is a mandatory part of the College programme. Non-attendance can only be accepted in exceptional circumstances eg injury or sickness.

#### ACTIVITIES:

1. Marine Studies
2. Rock Climbing
3. Sailing
4. Archery

#### STAFF ATTENDING CAMP:

1. Mr Mal Foki (Teacher)
2. Mrs Theresa Batty (Teacher)
3. Mrs Julie Palmer (Teacher)
4. Mrs Lucy Monk (Teacher)
5. Mrs Jennifer Suhr (Teacher)
6. Mr Ross Panes (Teacher Assistant)



## **VISITING STAFF ATTENDING CAMP:**

1. Ms Lisa Kraft Head of Primary)
2. Mrs Lisa Glass (Head of Teaching and Learning P-6)
3. Mr Ben Campbell (Head of Student Development P-6)

## **TRAVEL:**

Students will travel by air-conditioned coaches fully equipped with seatbelts. Please inform your teacher via email if your child suffers from motion sickness. Sick bags and barley sugars will be provided as only two front seats are available on the coach. If you wish to provide tablets for motion sickness please put these in a named snap lock bag and hand them to your child's class teacher.

## **DEPARTURE FROM THE COLLEGE:**

The students are asked to be at College by 8.00am on Monday 26 August and they will be directed to place their bags on the bus. Once bags have been dropped, students should farewell parents and move directly to their classroom for roll call and a pre-camp activity before departure for camp.

## **ARRIVAL BACK AT THE COLLEGE:**

Wednesday 28 August 2019 at approximately 2.30 pm. If your child is absent from the College after camp due to illness, please notify Administration via the usual process of emailing [absentee@cac.qld.edu.au](mailto:absentee@cac.qld.edu.au)

## **MEALS:**

Morning tea (**disposable eg brown bag**) needs to be packed for Monday only. No other food is required for the journey. The catering staff take great care in producing healthy, fresh and appetising food. Please impress upon your child the need to eat well at all mealtimes, especially at breakfast to ensure energy for the day ahead.

## **SPECIAL DIETARY REQUIREMENTS:**

Please let your child's teacher know of any special dietary requirements via email. This refers to allergies to food only, not personal likes and dislikes. You will also be required to inform camp staff via the online form on the link.

## **ACCOMMODATION:**

Students will be grouped into cabins. The staff will sleep in separate cabins near the student cabins.

## **PERSONAL THINGS TO BRING AND NOT TO BRING:**

Refer to 'Information for Parents'. Do not bring torches, tablets, cameras, mobile phones etc, snack foods, chocolate bars or lollies.

## **IMPORTANT MEDICATION:**

Please ensure this is given to the class teacher in a named bag or container with details and information clearly marked.

## **FIRST AID / ACCIDENTS:**

The College has an ambulance policy that covers all students whilst on camp. A comprehensive First Aid Kit will be taken and all camp staff members hold current First Aid Certificate. Please be aware that the camp is in a bush environment and ticks may be present. Upon returning home, students should carefully check for ticks. More information may be found at the following website:

[http://www.health.qld.gov.au/poisonsinformationcentre/bites\\_stings/bs\\_ticks.asp](http://www.health.qld.gov.au/poisonsinformationcentre/bites_stings/bs_ticks.asp)

**NIGHT TIME:**

Both College staff and Camp staff will supervise the settling in of students at sleeping times. Staff will not go to bed until all students are settled.

**APPROVAL:**

Please approve your child's participation in camp, including travel by bus, by logging onto Parent Lounge and selecting the Tours and Excursion tab from the left hand side. Be sure to read and **accept** the terms and conditions contained in this letter and then further **approve** the event.

Medical details for your child will need to be verified as part of the approval process. Please click the dropdown arrow next to the red cross box, then View Medical. You will be able to update details if necessary. After exiting this screen, tick the Verify box, and then click on the blue Verify tab. To finalise approval, please ensure you click on the **save** box at the bottom of the page. Please contact your class teacher if you need to supply any further information such as the possibility of motion sickness and dietary requirements.

Please approve the camp including your child's medical details on Parent Lounge and fill out the Lake Ainsworth Medical Form online via the following link by Friday 26 July 2019.

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

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

<b><i>Booking Number:</i></b>	540166
<b><i>Booking Start Date:</i></b>	26/08/2019
<b><i>Booking Venue:</i></b>	Lake Ainsworth Sport and Recreation Centre

Once you have completed this form online, a copy will be emailed to you.

Yours sincerely

**YEAR 4 TEACHING TEAM**

Below is a list of things to bring/what not to bring for our upcoming camp to Lake Ainsworth.

## WHAT TO PACK

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 is good to ensure it is not too big or too heavy. Items needed on the trip should be packed in the backpack.

*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
- Three layers of warm clothing
- Pyjamas
- Swimming costume and rashie shirt
- Sunscreen, sun hat and sunglasses
- Two pairs of running shoes (one pair can be wet/reef shoes or an old pair to wear in the water)
- One pair of thongs
- Toiletries, soap, lip balm and insect repellent (no aerosols)
- Two towels
- Pillow, sleeping bag and one fitted sheet
- Day backpack
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
- Medication (if required)
- Handkerchief or tissues
- Water bottle

## 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
- ***Please do not bring cameras or money***

## CAMP CHECKLIST FOR PARENTS

- I have filled out the medical form online for Lake Ainsworth using the link provided.
- I have approved attendance at the camp and verified medical details on Parent Lounge.
- I have kept a copy of the What to Pack List.
- I have informed the class teacher of conditions such as motion sickness and dietary requirements.