



Holy Cross College, Ryde

31 January 2012

Year 7 Camp - 2012

Dear Parents,

The Orientation Camp for Year 7 students will be conducted at *The Outdoor Education Experience*, Morisset Campsite from **Wednesday 8th to Friday 10th February**. This experience is designed to assist the Year 7 students in their transition to high school by developing a greater awareness and acceptance of others, to accept challenges of outdoor education and to develop a greater community spirit within the year group.

The camp involves group activities both indoor and outdoor including Abseiling, High Ropes Course, Rock Climbing, Archery, Canoeing, Challenge Initiative Course, Giant Swing and the new Mud Challenge. There will also be night activities including a Games/Movie Night, Challenge Night, Commando Night and Liturgy. This camp has always been an outstanding success and we look forward to a great time for all. The Year 7 Camp is definitely one of the highlights of the school year.

Transport is by air-conditioned coach and meals include breakfast, morning tea, lunch, dinner, afternoon tea and supper. We will leave the College at 8.40 am, Wednesday the 8th and return at approximately 3.15 pm, Friday the 10th of February. Homeroom teachers will be present throughout the duration of the camp and at all activities. The Year 12 leadership group will also attend as part of our mentoring program. Qualified instructors will run each activity. Qualified first-aid personnel will also be present at all times. Year 7 students will be sleeping in cabin rooms (approximately eight to a room).

Attendance at the camp by all students is **compulsory**, as follow-up activities will take place in Pastoral Care classes upon our return. This is a tremendous opportunity for your son to mix with his peers outside of the normal school environment and develop his self-esteem, social skills and most importantly, make new friends.

The cost of the camp is included in your school based charges on your Fee Statement.

There are several forms attached to this letter which must be read, signed and returned to the College by **Friday 3rd February**. **These forms need to be returned to your son's Homeroom Teacher during his morning admin.**

Any student who has not returned the relevant Medical, Activity Restriction, Consent, Liability Release, Express Assumption of Risk forms and Student Contract signed and dated, will unfortunately not be permitted to attend the camp. Please read these documents very carefully and sign all the necessary consent forms.

I look forward to an exciting and rewarding camp.

Yours Sincerely,

Mrs Natalie Russell
Year 7 Coordinator

Mr Peter Buxton
Assistant Principal

517 Victoria Road, Ryde NSW 2112
Phone: 9808 1033 Fax: 9809 7207
www.holycrosscollege.org



Holy Cross College, Ryde

31 January 2012

Outdoor Education Experience
Nentoura Road,
Morisset, NSW, 2264
Freecall: 1800 887 717
www.bushcamp.com.au

Location of 2012 Yr 7 Camp

Permission to attend camp

I _____ give my son
_____ of Homeroom _____

permission to attend the *Holy Cross College, Ryde, Year 7 Camp* to be held at *The Outdoor Education Experience, Morisset Campsite*, from the 8th February to 10th of February, 2012.

I understand that all care will be taken by the teachers of *Holy Cross College, Ryde* and the staff of *The Outdoor Education Experience* for my son and all other students of the College whilst attending and participating in the activities provided. In the event of an accident or illness, I authorise the teachers and/or staff of *The Outdoor Education Experience* to seek the nearest medical treatment for my son.

Signature _____
Parent/Guardian

Date: _____



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Student Contract

I _____ agree to obey and respect the teachers and instructors at the *Holy Cross College Year 7 Camp, 2012*. I will work hard to create harmony throughout the duration of the camp and I will respect other students at all times. I will contribute to the workload at the camp and do my share of the preparation of meals and activities.

I will not touch other people or their property and I will try to encourage other students in all activities. I acknowledge that normal school rules and expectations extend to this camp.

I fully understand that if I fail to behave in the appropriate manner and/or I do not follow the rules of the camp, I will receive strong discipline. This may include non-participation in activities, community service, being returned home, parental interview and/or suspension from the College on return to school.

Student's signature: _____

Parent/Guardian signature: _____



OUTDOOR EDUCATION EXPERIENCE

Nentoura Road
Morisset NSW 2264
Mailing Address
P.O. Box 185
Morisset N.S.W. 2264
Freecall: 1800 334 994
Fax: 02 4973 1500

Dear Student,

This letter has been designed to inform you of Outdoor Education Experience programs. A gear checklist is on the back of this page, so you can mark off the items as you pack them. You will also find a few hints and safety guidelines to ensure you have a safe and enjoyable time with Outdoor Education Experience.

All the staff at Outdoor Education Experience are young and energetic, eager to give you a positive and memorable camp experience. All the activities are designed so that you can try them at any level of challenge you wish. It is up to you to decide which activities you feel comfortable with and wish to participate in.

Safety is of extreme importance while on camp with Outdoor Education Experience, so the following camp guidelines need to be respected and adhered to. Please remember that if you put yourself or anybody else at risk of injury you will be sent home immediately. If you wilfully damage property, you or your parent/guardian will be expected to pay for its repair or replacement.

Please read the following camp guidelines and handy hints:

1. Please do not leave the campsite or activity areas without permission.
2. Respect male and female areas, enter no room other than your own.
3. All activities must be supervised by a teacher and/or an instructor.
4. Please respect others and stay in your dormitory after lights out.
5. Each group is responsible for the ongoing cleanliness of the camp. Please use the bins provided and keep your rooms tidy.
6. There is sporting equipment supplied for your free time.
7. It is suggested that you put your name on every item that you bring to camp.
8. Please bring your old clothes to camp and remove all jewellery.
9. Please DON'T bring any valuables such as mobile phones, ipods, jewellery etc.
10. The food at Outdoor Education Experience is great and there is plenty of it, please don't bring an excess of junk food.
11. If you are an asthmatic, diabetic or suffer from any other medical conditions then please pack the appropriate medication (ask your parents about this and pass this information onto your teacher)
12. You are coming on camp to have an enjoyable and memorable time. Make sure you try every activity available to you on the program. You may never get the chance to participate in some of these activities again.

If you have any further questions or concerns in relation to these camp guidelines or any other details, please consult the teacher organising your camp.

Yours Sincerely

Outdoor Education Experience Management

STUDENT GEAR CHECKLIST (3-DAY CENTRE PROGRAM)

- | | |
|--|--|
| <input type="checkbox"/> 3 T-shirts (no mid-riff or sleeveless shirts allowed) | <input type="checkbox"/> Torch (make sure it is working before you bring it on camp) |
| <input type="checkbox"/> 3 pairs of 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"/> Mess Kit - 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.



OUTDOOR EDUCATION EXPERIENCE

Nentoura Road
Morisset NSW 2264

Mailing Address

P.O. Box 185
Morisset N.S.W. 2264

Freecall: 1800 334 994

Fax: 02 4973 1500

Dear Parent or Guardian

Thank you for considering sending your son/daughter to participate in an outdoor education program with Outdoor Education Experience. The purpose of this letter is to inform you about our organisation and its' services, so that you can make an informed decision regarding your son/daughter's attendance.

All of the staff at Outdoor Education Experience are young and energetic and ready to give your son/daughter a positive and memorable experience. Outdoor Education Experience staff set high standards of safety and moral conduct and will be accompanied by teachers from your son/daughter's school during all activities. We have a strict policy of 'challenge by choice', i.e. everyone is encouraged to give it their best, but no-one is forced to do anything. The program of activities chosen by your school is challenging, educational and lots of fun.

We ask that you make your son/daughter aware of the camp guidelines (refer to student letter) before they arrive at camp. Your son/daughter will be informed of the camp rules on arrival and will be expected to carry out those safety rules during the program. If however, your son/daughter breaks our safety rules and puts themselves or others at risk of injury, (e.g. fighting, excessive bad behaviour and vandalism) we will contact you and ask for you to arrange to take them home as soon as possible (no refund is given). If your son/daughter becomes ill during the program, then the same procedure applies.

If you need any further information please contact our office on 1800 334 994. If you have decided to allow your son/daughter to participate in the program, you will need to fill in:

- Medical, Activity Restriction and Consent Form

This form should accompany the information sheet and should be read in conjunction with your son/daughter's sample program of activities and the Outdoor Education Experience Activity List. Your payment will also need to be returned with these forms according to the arrangements made by your son/daughter's school.

Yours Sincerely

Outdoor Education Experience Management



OUTDOOR EDUCATION EXPERIENCE MEDICAL, ACTIVITY RESTRICTION AND CONSENT FORM

Please complete the Medical, Activity Restriction and Consent Form and return to the school office.

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

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? Yes / No
sleep walk? 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.

Please read the sample program of activities for your son/daughter's school in conjunction with the Outdoor Education Experience 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:

.....
...
.....
...

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.

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 Experience.

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

I have read my son/daughter's sample program and have made them aware of the camp guidelines.

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

Signature of Parent/Guardian Date: / /