

YEAR 8 CAMP – COASTLIFE ADVENTURES

8/2/2019

Dear Parents and Carers,

The 2019 Year 8 Camp will be hosted by Coastlife Adventures. This exciting three-day program will be at a camp-out location within Bournda National Park – Sapphire Coast. Students will spend two nights camping out in 10-person tents and share healthy meals prepared in the huge communal shelter and dining marque. The camp site at Hobart Beach has solar heated showers, easy walking trails and two nearby enclosed lagoons for fun coastal activities.

Age specific activities have been selected to focus and encourage teamwork and the growth of positive social relationships. The camp will also provide opportunities for the participants to share new coastal recreation experiences, learn important surf safety messages, and gain practical Australian bush skills and it is an exciting opportunity for your child.

The teacher in charge of this event will be the **Year 8 Coordinator - James Farrell**.

The cost for the camp is **\$380.00**. This includes travel by coach to and from Hobart Beach, all activities, accommodation and food. Payment for camp can be made at the Finance Office at Mount Stromlo High School, and there is always an option to pay in instalments from now up until the final payment date.

The completed permission note, additional forms and a \$50 deposit need to be returned to the Finance Office by Friday 22 February 2019. Full payment needs to be received by the Finance Office by **Friday 29 March 2019**.

This excursion requires **all of the following forms to be completed**:

- Mount Stromlo High School Permission Form
- Medical Declaration
- Participant Allergies and Special Diets

Please ensure all forms are returned to the Finance Office at the one time, incomplete forms will not be accepted.

If your child will need to take medication, please include details on the Medical form provided. Medication will be kept with Mount Stromlo High staff and a teacher will supervise students who need to take medicine or who need first aid treatment. All medications will need to be in the original container, clearly labelled with name and dosage and handed to James Farrell on the morning of camp departure.

IMPORTANT INFORMATION:

- Venue:** Hobart Beach Campground, Bournda National Park.
Date: Wednesday 10 to Friday 12 April 2019.
Time: 7:30am Wednesday morning / return 5.30pm on Friday
Transport: Hired Coach
Cost: **\$380**
Food: Students will need to bring on day one Morning Tea, Lunch and a drink.
Clothing: A list is attached to this note and will be available via our school website

Supervision of all activities is undertaken by qualified trainers at the camp and assisted by Mount Stromlo High School staff. The staff attending camp will include an Executive teacher, the Year 8 Co-ordinator and TEAM teachers. Staff accompanying students on camp will take all reasonable care while the students are in their charge to protect them from injury and to control and supervise their behaviour and activities. Parents should be aware that staff members are not responsible for injuries or damage to property which may occur on an excursion, where, in all circumstances, staff have not been negligent.

Parents should warn children of the risk to themselves, to others and to property of impulsive, wilful or disobedient behaviour. While the Coastlife and Mount Stromlo High School staff will take responsibility for student management during the program, extreme breaches of school camp rules may result in a student being sent home at parent's expense.

If needed, Mount Stromlo's front office can relay messages to staff and students on the excursion.

It is customary for the school to request a financial contribution towards meeting the cost of your child's participation in this excursion. The school has made every effort to keep costs for this activity at a reasonable level. We have an equity fund, which can be used to provide financial assistance for students where parents are unable to make the requested contribution. If however there is insufficient total funding available to meet the cost of the camp, regrettably we may not be able to proceed.

Please contact the Deputy Principal Penny George on 6142 3444 if you require any assistance.

If you have any questions regarding this excursion, please contact James Farrell on 6142 3439 or email via james.farrell@ed.act.edu.au.

Regards

James Farrell
Year 8 Co-ordinator



MOUNT STROMLO HIGH SCHOOL PERMISSION NOTE FOR YEAR 8 CAMP – COASTLIFE ADVENTURES

I give permission for my child _____
to attend the **Year 8 Camp – Coastlife Adventures** on **Wednesday 10 April to Friday 12 April 2019**.

I understand staff accompanying students on excursions will take all reasonable care while the students are in their charge to protect them from injury and to control and supervise their behaviour and activities.

I am aware that staff members are not responsible for injuries or damage to property which may occur on an excursion where, in all circumstances, staff have not been negligent. I will warn my child of the risk to themselves, to others and to property, of impulsive, wilful or disobedient behaviour.

I have read the attached information regarding this excursion and understand what it contains.

Full name of parent (please print): _____

Signature of parent: _____ Date: / /

PAYMENT SLIP FOR YEAR 8 CAMP – COASTLIFE ADVENTURES \$50 DEPOSIT DUE – FRIDAY 22/02/2019 FULL PAYMENT IS DUE – FRIDAY 29/03/2019

Student Name: _____ TEAM : _____ Amount Enclosed \$

Payment Options: Cash () Cheque () Credit Card () **On-line Credit Card: Fee Code: 8CAMP**

Funds Transfer via your bank website BSB 032-777 A/C 001797 ()
(Please ensure you use a surname and 8CAMP as identification)

Cheques – Made payable to Stromlo High School

COMPLETE THE FOLLOWING INFORMATION IF PAYING BY CREDIT CARD:

CARD No: _____ VISA MASTERCARD

Name on Card: _____ Amount: \$ _____

Signature: _____ Expiry: ____ / ____ CSV: _____

The Directorate collects the information contained in this form to provide or arrange first aid and other medical treatments for students. The information collected will be held at the student's school and will be made available to relevant school staff, including first aid officers, and to medical or paramedical staff in the case of an accident or emergency. The information contained in the form is personal information and it will be stored, used and disclosed in accordance with the requirements of the "Information Privacy Act 2014" and the "Health Records (Privacy and Access) Act 1997 (ACT)".

MEDICAL INFORMATION AND CONSENT FORM

The Directorate collects the information contained in this form to provide or arrange first aid and other medical treatments for students. The information collected will be held at the student's school and will be made available to relevant school staff, including first aid officers, and to medical or paramedical staff in the case of an accident or emergency. The information contained in the form is personal information and it will be stored, used and disclosed in accordance with the requirements of the *Information Privacy Act 2014* and the *Health Records (Privacy and Access) Act 1997* (ACT).

PERSONAL DETAILS

Student's Name:		Date of Birth:		Gender:	<input type="checkbox"/> M <input type="checkbox"/> F
School:	MOUNT STROMLO HIGH SCHOOL				
Year Level:		Camp/Excursion:	YEAR 8 CAMP – COASTLIFE ADVENTURES		
Parent/Carer:					
Address:					
Business Hours:		After Hours:		Mobile:	
Emergency Contacts 1:				Telephone No:	
Emergency Contacts 2:				Telephone No:	
Name of Doctor:				Telephone No:	

Please tick if your child suffers any of the following:

- | | | | | |
|---|---|--|--|---|
| <input type="checkbox"/> allergies | <input type="checkbox"/> blood pressure | <input type="checkbox"/> epilepsy* | <input type="checkbox"/> hay fever | <input type="checkbox"/> nose bleeds |
| <input type="checkbox"/> anaphylaxis* | <input type="checkbox"/> diabetes* | <input type="checkbox"/> fainting | <input type="checkbox"/> headaches | <input type="checkbox"/> reaction to drugs |
| <input type="checkbox"/> asthma* | <input type="checkbox"/> eczema | <input type="checkbox"/> fits or blackouts | <input type="checkbox"/> heart condition | <input type="checkbox"/> sight/hearing problems |
| <input type="checkbox"/> other (please specify) _____ | | | | <input type="checkbox"/> sun screen sensitivity |

**Please attach Emergency Treatment Plan/Action Plan*

Date of last tetanus injection:	
Is the student presently taking any medication? Parents must give written permission and directions for the administration of any medication taken during school or after hours school activities. Medications are to be clearly labelled with prescription details, in unopened, original packaging. Completion of the <i>Emergency Treatment Plan</i> is required.	Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/>
Are you aware of any physical or psychological limitations of your child? Please give details.	
Is there any other information which you believe may help us to provide the best possible care?	

Consent to medical attention

Parents/carers should note that in the absence of an *Emergency Treatment Plan*, in cases of emergency excepting anaphylaxis or asthma, only standard first aid will be administered. In an anaphylaxis or asthma emergency authorised medications; salbutamol (for the symptomatic treatment of asthma), and adrenaline (for the treatment of anaphylaxis) will be administered.

PLEASE READ: In the case of my child requiring medical treatment or in the case of a medical emergency, including an anaphylaxis and asthma emergency, I consent to the provision of first aid and any treatment as outlined in the attached *Emergency Treatment Plan*. I authorise the school, where it is impracticable to communicate with me, to arrange for my child to receive such medical or surgical treatment as may be deemed necessary. I undertake to pay any costs that may be incurred for the medical treatment, ambulance transportation and medications.

Signature.....

Date.....

PARTICIPANT ALLERGIES AND SPECIAL DIETS

COASTLIFE ADVENTURES endeavours to provide safe, healthy meals to all clients, including those with special dietary needs. Those at risk from food related anaphylaxis require the highest level of care. It is important that we receive information regarding food related allergies even if the participant is attending a self-catered program. If the Participant has a special dietary need please provide information below.

Food related anaphylaxis diagnosed by a doctor

Yes No

- | | | | | |
|------------------------------------|---------------------------------|-------------------------------|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Peanuts | <input type="checkbox"/> Sesame | <input type="checkbox"/> Soy | <input type="checkbox"/> Tree Nuts | <input type="checkbox"/> Crustaceans |
| <input type="checkbox"/> Sulphites | <input type="checkbox"/> Egg | <input type="checkbox"/> Fish | <input type="checkbox"/> Wheat | <input type="checkbox"/> Milk |
| <input type="checkbox"/> Other | | | | |

Please indicate the item(s) the participant CANNOT eat

You selected Sulphites, please provide more details below

You selected Other, please provide more details below

Food related allergy or intolerance

Yes No

Please indicate the item(s) the participant CANNOT eat – allergy or intolerance

- | | | | | |
|--|---------------------------------|------------------------------------|---|------------------------------------|
| <input type="checkbox"/> Peanuts | <input type="checkbox"/> Sesame | <input type="checkbox"/> Soy | <input type="checkbox"/> Food Additives | <input type="checkbox"/> Tree Nuts |
| <input type="checkbox"/> Crustaceans | <input type="checkbox"/> Gluten | <input type="checkbox"/> Sulphites | <input type="checkbox"/> Egg | <input type="checkbox"/> Fish |
| <input type="checkbox"/> Lactose / Dairy | <input type="checkbox"/> Wheat | <input type="checkbox"/> Milk | <input type="checkbox"/> Yeast | <input type="checkbox"/> Other |

You selected Sulphites, please provide more details below

You selected Other, please provide more details below

Food related aversion / religious beliefs / lifestyle choice

Yes No

Please indicate the item(s) the participant's special diet

- | | | | | |
|---------------------------------|-------------------------------------|--------------------------------------|----------------------------------|--------------------------------|
| <input type="checkbox"/> Vegan | <input type="checkbox"/> Vegetarian | <input type="checkbox"/> No red meat | <input type="checkbox"/> No beef | <input type="checkbox"/> Halal |
| <input type="checkbox"/> Kosher | <input type="checkbox"/> Other | | | |

You selected Other, please provide more details below

Parent / Carers' Statement: I certify that the above information is true and complete to the best of my knowledge

Signature.....

Date.....



MOUNT STROMLO HIGH SCHOOL

GETTING READY FOR YEAR 8 CAMP

New skills, new friends and new experiences – school camp should be an exciting adventure. This information pack has been designed to help you prepare your child (and you) for a stress-free and enjoyable experience participating in the Year 8 Camp - Coastlife Adventures.

All kids are asked to meet in the school SPACE at 7:30am this will ensure we depart on time.

Packing checklist:

- Shorts and t-shirts (no singlets, sleeveless or midriff tops)
- Jeans
- Jumpers and tracksuit pants
- Swimwear appropriate for activities
- Socks and underwear
- Raincoat
- Pyjamas
- Two pairs of sneakers (one old pair to get wet and muddy)
- Thongs or sandals
- Sunscreen, sunhat and sunglasses
- Toiletries
- Torch
- Two towels
- Pillow, sleeping bag or two single flat sheets
- Day-backpack
- Insect repellent
- Plastic bags for dirty or wet clothes
- Medications (if required – must be clearly labelled with child's name and dosage. Please give this to Mr Farrell prior to leaving school in the morning)
- Camera (optional)

Handy hint:

- Please label clothing, towels and sleeping bag with your child's name. You will need to supply a sleeping bag or doona and pillow.

What not to bring to camp:

- Aerosol cans (e.g. spray on deodorant or insect repellent)
- Ugg boots or slippers (these cannot be worn around the Centre or on activities)
- Computer/video games
- Devices – iPads/laptops
- Energy drinks
- Mobile phones
- Lollies or chewing gum
- Jewellery
- Money
- Anything valuable

Please note that drugs, cigarettes and alcohol are not allowed at camp and campers found using or in possession of these items will sent home at their parents' expense. Illegal drugs will be reported to the Police immediately.

Luggage

One travelling case/bag and a sleeping bag is allowed per child and should be clearly marked with your child's name, address and phone number. Remember, your child will have to carry their luggage, so make sure it's not too big or too heavy. **Handy hint:** Pack items needed on the trip in a smaller, light bag.

Medical information

All medicines should be in original packaging and clearly marked with your child's name, together with instructions on the prescribed dosage and frequency. You should discuss this with your child's teacher, who will be responsible for making sure your child takes their medication.

Children with asthma should bring their own peak flow meters and keep their inhalers with them at all times.

Children at risk of anaphylaxis need to bring at least one adrenaline auto injector.

Meals

Nutritious meals are prepared by qualified catering staff in a commercial kitchen, so your child will never go hungry. If your child has any special dietary requirements or food allergies, it is very important that these are listed on the Medical and consent form. You might also like to mention these needs to your child's teacher before camp. Special diets are provided for medical conditions, religious beliefs and lifestyle choices, i.e. vegetarians/vegans.

Behaviour

For everyone's enjoyment of the camp, we expect a good standard of behaviour. Camp rules will be explained to students on arrival. Children who persistently ignore reasonable requests or engage in violent behaviour may be removed from Camp.

If this happens, we will phone you or a nominated contact person to make arrangements for your child to be taken home. If we cannot make contact with anyone within 24 hours, we reserve the right to make alternative arrangements after discussion with appropriate Government agencies.

Outdoor safety

Every effort is made to ensure your child's safety and comfort while at camp. Our sun safe policy promotes wearing broad-brimmed hats and sunscreen. We also alter programs to 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 water sports, except for swimming.

Communication on Camp

In case of emergencies, parents can get in contact with group by contacting the Mount Stromlo High School Front Office during business hours. A message will be relayed to the teacher-in-charge. For out of hours contact please call James Farrell (Year Co-Coordinator) on the staff mobile - 0434 605 939.