

YEAR 7 CAMP – JINDABYNE SPORT & RECREATION CENTRE

FURTHER INFORMATION & PERMISSION NOTE

15/02/2019

Dear Parents and Carers

The 2019 Year 7 Camp at Jindabyne Sport and Recreation Centre, NSW is coming around quickly. The camps focus will be on team and relationship building whilst participating in a range of activities including team initiatives, hiking and outdoor activities.

The teacher in charge of this event will be the **Year 7 Co-ordinator – Kashaerelle Clarke**.

The completed permission note and total payment of \$355 should be made to the Finance Office by Friday 22 March 2019 (Please note that if you have paid the deposit for the camp deduct from the total price), unless prior arrangements have been made through the Finance Office.

It is essential the school receives a signed Mount Stromlo High School Permission Note and Medical Form. You will also need to complete Online Jindabyne Sport and Recreation Medical and Consent Form which needs to be finalised before the student departs for camp. Could you please confirm the following:-

- YES**, I have completed the Mount Stromlo High School Permission Note and Medical Form.
- YES**, I have completed the online Jindabyne Sport and Recreation Medical and Consent Form.
- NO**, I have not completed the online medical form and I need some assistance in doing this.

If your child is taking medication, please include details on the Jindabyne Sport and Recreation Medical form. 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 Kashaerelle Clarke on the morning of camp departure.

IMPORTANT INFORMATION:

- Venue:** Jindabyne Sport and Recreation Centre
- Date:** Wednesday 10 April – Friday 12 April 2019
- Departure Time:** Meet at school – 8:45am in the SPACE for normal team roll marking
- Return Time:** Estimated time of return is 3:00pm (any changes will be updated on Facebook)
- Transport:** Hired Coach
- Cost:** **\$355** (this includes staffing, transport, camp program, accommodation and catering)
Please note the total payment needs to be received before camp departure unless alternative arrangements have been made with the Finance Office.
- Clothing:** Please see the attached Camp Packing List
- Other:** Jindabyne Sport and Recreation Medical and Consent form (online)

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 assistance.

If you have any questions regarding this excursion, please contact Kashaerelle Clarke on 6142 3444 or email via kashaerelle.clarke@ed.act.edu.au.

Regards

Kashaerelle Clarke
Year 7 Co-ordinator



MOUNT STROMLO HIGH SCHOOL PERMISSION NOTE FOR YEAR 7 CAMP – JINDABYNE SPORT & RECREATION

I give permission for my child _____
to attend the **Year 7 Camp – Jindabyne Sport and Recreation** excursion from **Wednesday 10 April to Friday 12 April 2019**.

- I have completed the online Jindabyne Sport and Recreation Medical and Consent Form
- I have completed the Mount Stromlo High School Medical Form

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 7 CAMP – JINDABYNE SPORT & RECREATION DUE FRIDAY 22 MARCH 2019

Student Name: _____ TEAM : _____ Amount Enclosed \$

Payment Options: Cash () Cheque () Credit Card () On-line Credit Card: Fee Code: 7CAMP

**Funds Transfer via your bank website BSB 032-777 A/C 001797
(Please ensure you use a surname and 7C as identification)**

Cheques – Made payable to Stromlo High School

COMPLETE THE FOLLOWING INFORMATION IF PAYING BY CREDIT CARD:

CARD No: _____	<input type="checkbox"/> VISA	<input type="checkbox"/> 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 7 CAMP – JINDABYNE SPORT AND RECREATION		
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?	Yes <input type="checkbox"/> No <input type="checkbox"/>
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"/>
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.....



MOUNT STROMLO HIGH SCHOOL

GETTING READY FOR 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 camp experience at Jindabyne Sport and Recreation Centre.

We have tried to cover all the questions you might have, but if you have a specific query that's not covered here please contact our friendly staff on 13 13 02 or visit www.dsr.nsw.gov.au

Packing checklist:

- Shorts and t-shirts (no singlets, sleeveless or midriff tops)
- Jeans
- Jumpers and tracksuit pants
- Socks and underwear
- Raincoat
- Pyjamas
- Sunscreen, sunhat and sunglasses
- Toiletries, including soap (no aerosols)
- Torch
- Two towels
- Pillow, sleeping bag or two single flat sheets (sleeping bag compulsory for overnight bivouac or expedition)
- Day-backpack
- Insect repellent (no aerosols)
- Lip balm
- Two pairs of sneakers (one old pair to wear in the water)
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
- Medications (if required – must be clearly labelled with child's name and handed in to the teacher)
- Handkerchief or tissues
- Enough warm clothing for three layers (temperatures can vary greatly, even in summer).

Optional:

- Camera, stamped envelope for writing a letter.

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)
- Thongs, Ugg boots or slippers (these cannot be worn around the Centre or on activities)
- Radios or MP3 players
- Computer/video games
- Mobile phones
- Lollies or chewing gum
- Jewellery
- Anything valuable.

Please note that drugs, cigarettes and alcohol are not allowed at camp and campers found using or in possession of these items may be removed from the Centre. 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

The information you provide on the Medical and consent form – Child helps us to look after your child's health needs at camp. If your child has an injury, pre-existing condition, special dietary need or is on prescription medicines, please provide full details on this form.

Your child should bring enough medication for the duration of their stay. 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.

Bed wetting

If your child is prone to bed wetting, please let the school or Centre staff know beforehand, so staff can deal with the situation in a discreet and caring manner. Laundry facilities are available, please provide a waterproof mattress protector if required.

Asthma and/or anaphylaxis

If your child has asthma and/or is at risk of anaphylaxis, it's essential that you provide an asthma and/or anaphylaxis management plan, so the staff knows what action to take in the event of an attack.

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.

On catered programs, children who are at risk of food related anaphylaxis will be required to wear a red wristband. This is an extra precaution to assist staff when managing situations where food allergens may be present. **Handy hint:** Please make sure you put all important medical information on the medical and consent form.

Money and Valuables

Students are not encouraged to bring valuables to camp (e.g. jewellery, MP3 players, mobile phones).

You might want to provide your child with some spending money as students may need to buy meals on the forward and return journeys. We suggest that spending money is limited to \$20 or \$30. The Centre no longer stocks souvenirs for purchase.

Creature comforts

Accommodation

Students will stay in comfortable, centrally-heated lodges that accommodate up to eight students per room. Male and female students will be accommodated separately. At least one visiting teacher will be staying in a separate room in the lodge and will be responsible for student safety and behaviour overnight.

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.

Getting the most out of camp

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 the Centre.

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. **Handy hint:** Encourage your child to wear sunscreen all year round.

Staying in touch at camp

Camp contact details

Jindabyne is about a 2-hour drive from Canberra, at the gateway to the Snowy Mountains.

You are welcome to get in touch with your child by mail, email or fax while at camp. Please make sure you mark your child's name and school clearly on any communication.

Children are not encouraged to phone home, as it can contribute to homesickness.

Jindabyne Sport and Recreation Centre

207 Barry Way, Jindabyne NSW 2627

PO Box 514, Jindabyne NSW 2627

Fax: (02) 6456 2917

Email: jindabyne@communities.nsw.gov.au

Accidents or emergencies

In case of emergencies, parents can contact students on (02) 6450 0200 from 9am to 5pm, Monday to Friday.

You will be contacted if medical conditions or other serious issues arise. Sick or injured campers are usually taken to Jindabyne for assessment by a doctor if necessary. Jindabyne has a 24-hour ambulance service for emergencies.

Thinking about a family break or what to do for your kids during the holidays? Our 11 Sport and Recreation Centres across NSW offer Kids' Camps and Family Camps that are fun and great value. It's the perfect way to enjoy an outdoor adventure try out new activities and have a go at old favourites. Find out more by calling 13 13 02 or visit www.dsr.nsw.gov.au.

Dear Parents and Carers,

Your child is about to attend a Sport and Recreation school camp at Jindabyne Sport and Recreation Centre organised through Mount Stromlo High School. Prior to the camp all students must complete a Medical and Consent Form.

The information that Sport and Recreation needs about your child includes:

- Medical conditions
- Food related allergies
- Special diets
- Medication
- Emergency contact details

Sport and Recreation needs you to complete this form on behalf of your child. The form is available online and is easy to complete. Once you submit the form it is sent directly to the centre so the staff can prepare for your child's visit.

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

Booking Number: **5 4 2 0 1 5**

Booking Start Date: **10/04/2019**

Booking Venue: **Jindabyne Sport and Recreation Centre**

Please complete the Medical and Consent Form at

www.sportandrecreation.nsw.gov.au/facilities/schools/medicalandconsentform

by 20 March 2019

Regards

Kashaerelle Clarke
Year 7 Coordinator
Mount Stromlo High School