



East Hills Boys High School

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YEAR 7 CAMP

Dear Parent/Caregiver,

As part of your child's introduction to high school, a three day camp has been organised for all Year 7 students, from **15 February 2023 to 17 February 2023**. Its purpose is to build skills in team work, making friends, increase self-esteem and otherwise provide an exciting and enjoyable environment to interact with new classmates. This is an invaluable experience in your child's high school transition and it is expected that all Year 7 will attend.

The camp will take place at the Great Aussie Bush Camp at Kincumber NSW. A range of activities will be organised, some of which include raft making and bush skills. Qualified instructors will run the activities in small groups of students with an accompanying teacher. All instructors have first-aid qualifications. Please note some water activities will be involved.

The students will travel by coach to and from the venue and will sleep in large cabins with bunks. A list of requirements is provided on the following pages. If you have any difficulty in obtaining any of these items, you must bring this to the attention of the Year 7 Advisor well in advance of the departure date.

Getting ready for Camp, information for parents must be read by both parents and students. Adherence to these guidelines at all times whilst at the camp is mandatory – failure to do so may result in removal from activities or being sent home at parent's expense.

Please ensure the attached Medical and Consent Forms are completed and returned (along with the Permission Note below) and all money paid by the dates indicated.

DATE: Term 1 Week 4, Wednesday 15 February 2023 to Friday 17 February 2023
VENUE: Great Aussie Bush Camp, Kincumber 1800 887 717
COST: **\$450*** (which includes all meals, accommodation and transport).
DEPARTURE: **At school by 8am to depart at 9.00am** on Wednesday 15 February 2023
RETURN: **To school by 3pm** on Friday 17 February 2023
(boys are to be picked up from the school grounds promptly on arrival)
MONEY: **Must** be paid to the Office by **Friday 3 February 2023**. Please note that this date is the **final** date for payment.
ALL NOTES: **Must** be returned to Year 7 Advisor by **Friday 3 February 2023**.

Yours sincerely

**K Savins
Principal**

**R Gerges
Year 7 Advisor**

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PERMISSION NOTE FOR YEAR 7 CAMP

I give permission for my child to attend the camp at the Great Aussie Bush Camp, Kincumber over the period Wednesday 15 February 2023 to Friday 17 February 2023. My child and I have read the Camp Guidelines and are aware that these guidelines must be followed. I am also aware that some water activities have been organised.

Total cost is **\$450.00***

Attached are the Medical, Dietary, Activity Restriction and Consent Forms. Please return all forms to Mrs Gerges by **Friday 3 February 2023**.

Student Name: _____ **Roll Class:** _____

Signed: _____
Parent/Caregiver

Dear Parents / Students,

We at The Great Aussie Bush Camp look forward to your schools visit. This letter (and associated forms), will hopefully provide insight into our organisation and the proposed program, so that you can make an informed decision about your child's attendance.

At The Great Aussie Bush Camp our mission is to deliver the best possible outdoor recreation based teaching and learning outcomes for our clients through programs that are:

- Fun
- Challenging
- Diverse
- Relevant
- Memorable
- In delivering these programs our goal is to:
 - Place the safety and well-being of our clients above all else
 - Adhere to the highest possible standards as teaching and learning providers.

We hope that like the tens of thousands of happy and satisfied students and teachers who have visited us since we took over the business in 2009, that your stay at The Great Aussie Bush Camp will be just as memorable. So please let us know if there is anything more that we can do to help you and your students achieve your goals and have the best possible Aussie Bush Camp experience.

Our team members are of the highest quality. They are young and enthusiastic and highly trained to run all activities, as well as being First Aid and Resuscitation trained. Challenge and enjoyment along with safety are the main aims of our programs. We have an excellent safety record due to our extremely high standards.

To ensure the safety and enjoyment of all involved, any student who breaches these camp guidelines and rules and puts themselves or their peers at risk of injury will be assessed by our team members and the responsible teachers and, if deemed necessary, parents / guardians will be contacted and asked to collect the student. We ask you to read the camp guidelines carefully.

All accommodation, amenities and associated facilities are clean, comfortable and well maintained. The programs are fully catered with ample availability of nutritious and tasty food; special dietary requirements can be accommodated.

We aim to provide students with memorable and authentic lifetime experiences and hope that you / your child can be a part of our program.

Yours sincerely,

Management,
The Great Aussie Bush Camp
KINCUMBER



Camp Guidelines and Rules

Students should be aware of these Guidelines

- Never leave camp or an activity without permission.
- All activities must be supervised by a teacher and instructor.
- Listen to and follow instructor's guidelines.
- Closed in shoes and hats should be worn at all times.
- Respect male & female areas; enter no room other than your own.
- Respect the natural environment, use bins provided, don't damage the bush.
- No pocket knives, glass, valuables, electronic equipment, or mobile phones are to be brought to camp.
- Do not approach, or attempt to pat the wildlife.
- All accidents / damage to equipment must be reported.
- Wilful damage will be paid for by the individual(s) responsible.
- Do not eat or drink in cabins or dorms.
- No chewing gum to be brought to camp.
- Respect others after lights out. There should be no need to leave your cabin or dorm after lights out.
- Each group is responsible for the ongoing cleanliness of their room.
- To avoid accidents please do not run around campsite areas.
- As a general rule, students will not be removed from activities as punishment. They may be given a 5 minute time out to reflect.
- Allocating extra duties or taking away free time may also be used as behaviour management strategies.
- We may exclude students whose behaviour could result in serious danger or distress to themselves or others. In extreme cases, after consultation with teachers, the parents / guardians may be contacted and the student's will be sent home.

Health, Safety and Medication

Teachers are to forward to us completed Special Needs Forms and Dietary Forms prior to coming to camp. Teachers are to bring the following forms with them when they attend camp, Medical and Consent Forms and Current medication requirement form.

Asthma

It is vital that parents / guardians of children who suffer from Asthma provide sufficient information or an Asthma Management Plan. This will enable team members / teachers to take appropriate action in the event of an Asthma attack. Teachers will dispense any medication as required.

Camp team members have First Aid and Resuscitation certificates. There is an onsite First Aid Room. For any accidents / sick students we have a Doctor in Kincumber (6 minutes). Nearest Hospital and Ambulance service is Gosford District Hospital (20 mins)



Gear Checklist - Children (Based on a 3 day camp)

PLEASE CLEARLY NAME ALL ITEMS

MEDICATION NEEDS TO BE GIVEN TO THE ORGANISING TEACHER

It is a good idea for students to pack their own bags so that they can re pack for the trip home.

- Water bottle
- Cup (used for morning/afternoon tea and supper)
- Raincoat (regardless of forecast)
- Hat or cap
- Sleeping bag (extra blanket in winter)
- Pillow
- Sunscreen
- 1 pair pyjamas (tracksuit in winter)
- Day pack (small backpack for water, sunscreen, etc)
- Torch (make sure it works before you leave home)
- Toiletries (including toothbrush!)
- Insect repellent
- 2 pairs of runners (1 old pair for water activities).
- Thongs - only for going to and from showers.
- 3 T-shirts needed, no singlet / tank tops / midriff tops (for safety on activities)
- 3 sets of underwear
- 3 pairs of shorts - NO MINI SHORTS (for safety on activities)
- 3 pairs of track pants
- 2 sloppy joes / windcheaters
- 3 pair socks
- Bath towel
- Beach Towel & swimmers
- Tissues / hankies
- Plastic bags for wet clothes / towel
- Optional - camera, money for souvenirs.



MEDICAL CONSENT FORM

Name of School: _____ School Year: _____

Student Details:

Surname: _____ Given Names: _____

Address: _____

Postcode: _____ Date of Birth: ___/___/___ Male Female

Parent / Guardian Details:

Please Tick: Mother / Guardian Father / Guardian Other Contact

Full name of Parent / Guardian: _____ Home

Phone: _____ Work Phone: _____

Mobile Phone: _____ Medicare Number: _____

_____ Expiry Date: ___/___

Student Name on Card: _____ Patient Number on card: _____

Ambulance Cover: Yes No

Private Health Fund Name: _____

Health Fund member number: _____

Is your child in good health? Yes No

Does your child require regular medication? Yes No

Does your child suffer from any Chronic Illness / Allergies? If yes, please specify? Yes No

Parent / Guardian Signature _____ Date: ___/___/___



CURRENT MEDICATION/DIETARY REQUIREMENTS

School: _____ Student Name: _____

Time and Dosage - Please specify exact time of medication

	Breakfast		Lunch		Dinner		Other	
Medication Name	Time	Dose	Time	Dose	Time	Dose	Time	Dose

Regulations require that all medication must be provided in the original container / packaging Teachers will collect & administer all medication.

Has your child suffered from any Acute Illness in the past four months? If yes, details.	Yes	No
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Has your child been treated by a doctor in the past four weeks? If yes, please attach a medical certificate outlining treatment, and stating that the child is fit to attend camp.	Yes	No
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Has your child had any major surgery? If yes, please specify.	Yes	No
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Is your child's Immunisation up to date, including tetanus? If yes, what year was the last booster	Yes	No
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Does your child wet the bed?	Yes	No
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Does your child sleep walk?	Yes	No
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Do you give permission for Panadol to be administered if required?	Yes	No
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Does your Child have any Dietary Requirements? If YES please specify:	Yes	No
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Water or Swimming Activities:

In relation to any proposed water or swimming activities, my child: Name: _____
(Please **CIRCLE** one:)

STRONG SWIMMER

AVERAGE SWIMMER

POOR SWIMMER

NON-SWIMMER