

# East Hills Boys High School

Lucas Rd Panania 2213 Phone 9773 7806 Fax 9792 3849 easthillsb-h.school@det.nsw.edu.au

# YEAR 9 CAMP

Dear Parent/Caregiver,

As part of your child's development in high school, a three-day camp has been organised for all Year 9 students, in July 2025. Its purpose is to build skills in teamwork, developing friendships, increase self-esteem, and provide an exciting and enjoyable environment to interact with peers. This is an invaluable opportunity in your child's high school experience, and it is expected that all Year 9 will attend.

The camp will take place at the Great Aussie Bush Camp facility near the coastal towns of Tea Gardens, located near the pristine beaches of Port Stephens. A range of activities will be organised, some of which include abseiling and recreational activities. 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 9 Advisor well in advance of the departure date.

To get 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/caregiver's expense.

Please ensure the Medical and Consent Form and permission slip are completed via Sentral Parent Portal, and all costs are paid by the dates indicated.

Signed:	Parent/Caregiver
	Roll Class:
•	paperwork via Parent Sentral Portal by Friday 18 <sup>th</sup> of July 2025.
Total cost is \$450.0	
Gardens over the pand I have read the	or my child to attend the camp at the Great Aussie Bush Camp, Teaperiod Wednesday 30 <sup>th</sup> August 2025 to Friday 1 <sup>st</sup> August 2025. My child Camp Guidelines and are aware that these guidelines must be followed. It some water activities have been organised.
PERMISSION NOTE FOR YEAR 9 CAMP	
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P Abboud Principal	H Manu Year 9 Advisor
Yours sincerely	
from the school gro MONEY:  DEPOSIT: 2 <sup>nd</sup> PAYMENT: FINAL PAYMENT:	To school by 3pm on Friday 1 <sup>st</sup> August 2025 (students are to be picked up unds promptly on arrival)  Must be paid to the Office or online via Parent Sentral Portal by Friday 18 <sup>th</sup> July 2025. Please note that this date is the <u>final</u> date for payment.  \$150 to be paid by 09/06/2025  \$150 to be paid by 27/06/2025  \$150 to be paid by 18/07/2025  Must be submitted online via Parent Sentral Portal by Friday 18 <sup>th</sup> July 2025.
DATE: VENUE: COST: DEPARTURE: of July 2025 RETURN:	Term 3 Week 3, Wednesday 30 <sup>th</sup> of July 2025 to Friday 1 <sup>st</sup> August 2025 Great Aussie Bush Camp, Tea Gardens \$450 (which includes all meals, accommodation and transport).  At school by 7.45 am to depart at 8.15 am on Wednesday 30 <sup>th</sup>

### **Camp Guidelines and Rules**

Students should be aware of these Guidelines

- 1. Never leave camp or an activity without permission.
- 2. All activities must be supervised by a teacher and instructor.
- 3. Listen to and follow instructor's guidelines.
- 4. Closed in shoes and hats should be worn at all times.
- 5. Respect male & female areas; enter no room other than your own.
- 6. Respect the natural environment, use bins provided, don't damage the bush.
- 7. No pocketknives, glass, valuables, electronic equipment, or mobile phones are to be brought to camp.
- 8. Do not approach or attempt to pat the wildlife.
- 9. All accidents / damage to equipment must be reported.
- 10. Wilful damage will be paid for by the individual(s) responsible.
- 11. Do not eat or drink in cabins or dorms.
- 12. No chewing gum to be brought to camp.
- 13. Respect others after lights out. There should be no need to leave your cabin or dorm after lights out.
- 14. Each group in responsible for the ongoing cleanliness of their room.
- 15. To avoid accidents please do not run around campsite areas.
- 16. As a general rule, students will not be removed from activities as punishment. They may be given a 5-minute time out to reflect.
- 17. Allocating extra duties or taking away free time may also be used as behaviour management strategies.
- 18. 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.

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

#### PLEASE CLEARLY NAME ALL ITEMS

MEDICATION NEEDS TO BE GIVEN TO THE ORGANISING TEACHER. Ensure to write name of medication and time that medication is to be taken. Medication must be provided in the original container/packaging.

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

- 1. Water bottle
- 2. Cup (used for morning/afternoon tea and supper)
- 3. Raincoat (regardless of forecast)
- 4. Hat or cap
- 5. Sleeping bag (extra blanket in winter)
- 6. Pillow
- 7. Sunscreen
- 8. 1 pair pyjama's (tracksuit in winter)
- 9. Day pack (small backpack for water, sunscreen, etc)
- 10. Torch (make sure it works before you leave home)
- 11. Toiletries (including toothbrush!)
- 12. Insect repellent
- 13.2 pairs of runners (1 old pair for water activities).
- 14. Thongs only for going to and from showers.
- 15.3 T-shirts needed, no singlet / tank tops / midriff tops (for safety on activities)
- 16.3 sets of underwear
- 17.3 pairs of shorts NO MINI SHORTS (for safety on activities)
- 18.3 pairs of track pants
- 19.2 sloppy joes / windcheaters
- 20.3 pair socks
- 21.Bath towel
- 22. Beach Towel & swimmers
- 23. Tissues / hankies
- 24. Plastic bags for wet clothes / towel
- 25. Optional camera, money for souvenirs.