

9 February 2017

## Year 5 Camp

Dear Parents and Carers,

In a few weeks Year 5 will travel to **Morisset Outdoor Education Centre** for a three day camp. The following teachers will be attending: Mr Katrak, Mr Brock, Mrs Shield, Miss Gibb and Miss Spillane.

<b>Dates:</b>	Week 5, Monday 20 February – Wednesday 22 February 2017
<b>Location:</b>	30 Nentoura Road, Morisset
<b>Departure time:</b>	8.45 am Monday 20 February
<b>Return time:</b>	3.00 pm Wednesday 22 February
<b>Cost:</b>	\$ 290

### Accommodation

Student accommodation is in cabins resembling a dormitory style. All accommodation, amenities and other facilities are comfortable, clean and well maintained. Students will need to bring a pillow and pillow case, a sleeping bag or sheets with a blanket. Cabins will accommodate approximately eight students.

### Meals

All meals are prepared on site by a qualified catering team. Breakfast, morning tea, lunch, afternoon tea, dinner and supper are provided. Special dietary needs will be met (please refer to attached notes). Students will need to ensure they have eaten breakfast at home prior to leaving for the camp.

### Camp Activities

All camp activities are run by highly trained team members. The camp teachers will work with our LPS teachers to ensure smooth running of the programs. Challenge and enjoyment, along with safety, are the main aims of the program.

The possible camp activities are as follows and are explained in the Morisset Activity List:

- Archery
- Canoeing
- Giant Swing
- Mud World
- Challenge Ropes
- Rock Climbing
- Raft Building

**Please note:** The Mud World challenge involves students making their way through a commando style obstacle course. As a result, the students will become quite muddy. We highly encourage families to consider packing some old clothing that will not ruin easily or alternatively, clothing that can be easily disposed of at camp, rather than students packing their muddy clothing for the journey home.

continued 

## Behaviour on Camp

All of our students are required to maintain our school expectations for behaviour and conduct themselves in an exemplary manner whilst on camp to ensure that it is a safe and pleasant experience. Our school ROAR expectations must be followed on camp.

## Valuables

Students are not permitted to bring mobile phones, Fitbits, iPods or any other electronic devices. Cameras that are not integrated into mobile phones may be brought at the students' own risk and are the responsibility of the student.

The following **documents** must be read and completed carefully as required:

- payment Details (at bottom of this page);
- a letter to parents from the Outdoor Education NSW Management;
- a letter to students from the Outdoor Education NSW Management;
- a Medical, Activity Restriction and Consent form;
- a Morisset Activity List;
- a school Permission Note and Commitment Form;
- a checklist of student gear; and
- a souvenir list.

Please return the forms and money to the Administration Box **no later than Wednesday 15 February 2017**.

If you have any queries, please contact Miss Spillane on [alix.spillane@det.nsw.edu.au](mailto:alix.spillane@det.nsw.edu.au)

We look forward to an exciting and memorable experience.

Kind regards

Alix Spillane  
**Assistant Principal**

Megan Lockery  
**Principal**

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## PAYMENT DETAILS: YEAR 5 CAMP

**Please return payment slip to the Administration Box by Wednesday 15 February 2017**

Student's Name: \_\_\_\_\_ Class: \_\_\_\_\_

I enclose cash payment of **\$ 290 (please correct money if paying by cash)**

I enclose cheque payment of **\$ 290 (please make cheques payable to Lindfield Public School)**

I have made an online payment of **\$ 290**

(go to [www.lindfield-p.schools.nsw.edu.au](http://www.lindfield-p.schools.nsw.edu.au) then 'Make A Payment' tab, then choose 'Excursions' and call it 'Year 5 Camp' in the Payment Option section )

My receipt number is: \_\_\_\_\_ Date paid: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_



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## **OUTDOOR EDUCATION NSW**

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 NSW. 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 NSW are young and energetic and ready to give your son/daughter a positive and memorable experience. Outdoor Education NSW 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 the Morisset 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 NSW Management



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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 NSW 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 NSW.

All the staff at Outdoor Education NSW 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 NSW, 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 NSW 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 NSW Management



# OUTDOOR EDUCATION NSW MEDICAL, ACTIVITY RESTRICTION AND CONSENT FORM

Please complete the following and return them to your class teacher.

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

### **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 doctor's 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 NSW 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.

How do you rate your son/daughter swimming ability?

Non Swimmer  Average  Competent (swim more than 50m)

**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 NSW.

Wilful damage of property while with Outdoor Education NSW 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.

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

Signature of Parent/Guardian ..... Date: ..... / ..... / .....  
(Parent or Guardian)

# MORISSET ACTIVITY LIST

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<b>Abseiling</b>	5m and 10m abseil tower at the centre or 5m to 50m natural cliff abseiling as part of a day visit to the Watagan Mountains	Age dependent. Generally Yr. 5+ Min. Yr.7 off-site
<b>Archery</b>	Safe and fun. Structured lesson and practice time	All ages
<b>Bushcraft</b>	Basic camp fire building and damper cooking	Generally Yr. 1+
<b>Bushwalking</b>	Guided bushwalking experience. From 1/2 day environmental awareness to 3 day expeditions	Age dependent Generally Yr. 5+
<b>Canoeing</b>	3 person canoes. All students wear PFD's. Creek or lake locations	All ages
<b>Challenge Ropes</b>	Harnessed activity. Sequential elements rising to 8m with 60m flying fox	Min. Yr 5
<b>Dual Flying Fox</b>	Harnessed Activity. Adrenaline rush flying fox down a steep slope.	Generally Yr 5+ Min. Yr. 3
<b>Fencing</b>	Great fun and very safe. Protective equipment used to suit all ages. Structured lesson and practice time	All ages
<b>Giant Swing</b>	Very exhilarating 15m harnessed pendulum swing	Generally Yr. 5+ Min. Yr. 3
<b>High Ropes Courses</b>	Harnessed activity. Sequential elements at 4m, 7m and 12m (Jnr and Snr courses available)	Generally Yr. 3+, 5+, 7+, 9+
<b>Icebreakers</b>	Introductory Get To Know You and trust building activities	All ages
<b>Initiatives Exercises</b>	Student led problem solving and initiative activities	All ages
<b>Leap of Faith</b>	An adrenalin rush, leaping off a 10m pole.	Generally Yr. 7+
<b>Moonwalker</b>	Unique teamwork activity focusing on production of a quality product	Generally Yr. 7+
<b>Mud World</b>	Challenging mud course for teamwork and a lot of fun.	Generally Yr. 7+
<b>Multi Climb</b>	Harnessed pole, rope, peg and crate climbing activities. 12m.	All ages
<b>Navigation Challenge **</b>	Extension of orienteering skills. Bush point to point course as part of a day visit to the Watagan Mountains	Generally Yr. 7+
<b>Orienteering</b>	Introduction to navigation. Score course or point to point courses at the centre	All Ages
<b>Pioneering</b>	Teamwork Initiative Activity	All ages
<b>Raft Building</b>	Small group teamwork activity. Construct and race your raft	Generally Yr. 5+
<b>Rock Climbing</b>	5m and 10m rock climbing tower at the centre or 10m natural cliff rock climbing as part of a day visit to the Watagan Mountains	All ages (on-site) Min Yr7 (off-site)
<b>Sailing</b>	2 or 3 person sailing dinghies. Various locations on Lake Macquarie	Generally Yr. 7+

<b>Sea Kayaking</b>	2 person sea kayaks. Various locations on Lake Macquarie.	Generally Yr. 7+
<b>Snorkelling</b>	Snorkelling at Shingle Splitters on Lake Macquarie	Generally Yr. 6+
<b>Sports</b>	Oval games, basketball, volleyball, table tennis	All ages
<b>Super Drop</b>	8m harnessed vertical drop.	Generally Yr. 5+
<b>Survivor Challenge</b>	Water based teamwork activity.	Generally Yr. 7+
<b>Teamwork Matrix</b>	Low ropes activity to promote small group teamwork	Min. Yr. 3
<b>Ten Pin / Laser Tag / Tree Tops</b>	Outsourced activities requiring and additional cost or alternative wet weather activity Laser Tag Maitland Gaol (\$35), Laser Tag / Bowling (\$11), Tree Tops Adventure Park (\$25)	All ages
<b>Night Activities</b>	Games Night, Commando Night, Trivia Quiz, Camp fire, Challenge Night, Disco, Priest of the Parish, County Fair	All ages
<b>Excursions **</b>	Old Sydney Town, Australian Reptile Park, Watagan Mountains	Age Dependent
<b>Expeditions **</b>	Combining navigation skills, bushwalking, abseiling, rock climbing. Ranges from overnight bivouacs to 3 day expeditions	Age Dependent Min. Yr. 9+



**Year 5 Outdoor Education Camp 2017**  
**Permission Note and Behaviour Commitment**

**Student's Name:** \_\_\_\_\_

**Class:** \_\_\_\_\_

I give permission for my child to travel by coach to the Year 5 Outdoor Education Camp at Morisset. I also give permission for my child to participate in the camp activities. I understand that this excursion will take place from Monday 20 February until Wednesday 22 February 2017. Supervision will be undertaken by Mr Brock, Mr Katrak, Miss Spillane, Miss Gibb and Mrs Shield as well as the camp leaders.

Signed: \_\_\_\_\_  
(parent/carer)

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Additional Emergency Contact:**

If the nominated parent/carer is unable to be reached in an emergency, details for an additional contact person are:

Name: \_\_\_\_\_ Relationship to student: \_\_\_\_\_

Phone Numbers: \_\_\_\_\_

**ACTIVITY PERMISSION**

I give permission for my child to participate in the age appropriate activities listed on the Morisset Activity List. Please list any activities that you do not wish your child to participate in:

\_\_\_\_\_

Signed: \_\_\_\_\_  
(parent/carer)

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**PARENT AND STUDENT COMMITMENT FORM**

**Parent/Carer Commitment:** I hereby agree to collect my child from the Year 5 Outdoor Education Camp should they become unwell or break the School Behaviour Code.

Name: \_\_\_\_\_  
(parent/carer)

Signed: \_\_\_\_\_  
(parent/carer)

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Student Commitment:** I hereby agree to follow all school rules and co-operate fully with all teachers and leaders whilst at the Year 5 Outdoor Education Camp.

Signed: \_\_\_\_\_  
(student)

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## STUDENT GEAR CHECKLIST

- |   |  |
|---|--|
| <input type="checkbox"/> 4 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"/> 4 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 - <b>no thongs!</b> ) |
| <input type="checkbox"/> Spare socks and underwear (4 pairs)                                | <input type="checkbox"/> 2 plastic bags to put your dirty or wet clothes in  |
| <input type="checkbox"/> Sun Hat, cap and/or 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                   |
| <input type="checkbox"/> Optional Items – Camera, Souvenir / Shop Money (no more than \$20) | <input type="checkbox"/> Some old clothes that can be thrown out (for Mud World)                                     |

### **Put your name on all these items!**

**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.

**Please note:** the following items are **not** to be brought to camp.

- No electronic equipment or mobile phones are to be brought to camp
- No chewing gum or lollies

## Souvenir Price List

Magnet	\$2.00
Eraser	\$2.00
Pen	\$2.00
Ruler	\$2.50
Wristband	\$2.50
Stress Ball	\$3.00
Calico Bag	\$4.00
Drink Bottle	\$5.00
Frisbee	\$5.00
Yoyo	\$5.00
Fluffy Animal - Sml	\$5.00
Fluffy Animal – Med	\$6.00
Fluffy Animal – Lge	\$10.00
Boomerangs	\$8.00
Crystals	\$10.00

We also offer 2 different **Show bags:-**

**Show bag 1 - \$10.00**

Calico Bag, Pen, Eraser, Ruler, Magnet & Wristband

**Show bag 2 - \$15.00**

Calico Bag, Pen, Eraser, Ruler, Magnet & Wristband as well as one of the following:-  
Drink Bottle, Small Fluffy Animal, Yoyo or Frisbee