



Friday, November 13, 2020

Year 6 Jindabyne Sport and Recreation Centre Camp

Dear Parents and Caregivers,

The Year 6 Camp is almost here! Camp is a memorable and enriching experience for students and we are very much counting down the days! The Jindabyne Sport and Recreation Centre program is designed to allow students the unique opportunity of experiencing a range of sports, team building and leadership activities in a fun, safe and structured environment. Students are encouraged to challenge themselves, learn new skills, display resilience and courage.

Please read the following information carefully with your child. For any questions or concerns please contact your child's class teacher via Dojo messenger. Students will be accompanied by Mr Shane Doherty, Mr David Jenkins, Mrs Chloe Kirk and Mrs Natalie Donald on this camp.

Overview

Departure

Students are required to arrive at school **by 7.50am Monday November 23**. *Due to COVID-19 physical distancing requirements, the following arrangement for drop-off applies:*

- **Parents/caregivers are to remain in their car where possible.** Have your kisses goodbye in the car (and hugs when you leave home). If you need to get out of the car, please ensure 1.5m physical distancing from others.
- Students are to carry/wheel their suitcase on their own into the school grounds (they do this at camp!). Parents will not be permitted on site. A teacher will be at the back gate and hall gate.
- Boys – Are to be dropped off at the Henwood Street gate (back oval), regardless of the weather.
- Girls – Are to be dropped off at the front of the school on Randolph Street, at the gate closest to the Jackson Hall.

Following roll call and housekeeping matters, the bus will depart by approximately 8.20am.

On arrival at school, your child is to immediately hand any **medication to the teacher at the gate**. Alternately, you can arrange to drop it to the office on the Friday prior. Please refer to '*medication at camp*' for further information regarding the administration of medications.

Luggage: Students should bring one overnight bag or small suitcase (for their clothing, bedding, towels and toiletries) and a daypack. Their small daypack is needed for their recess, snacks and drink bottle to go on the bus. The daypack may be needed each day to store items in. Phones, cameras and communications devices are **not allowed**. If a student takes an item such as an iPod, mp3 player, camera etc. they will be collected and returned when we get back to school. Teachers will take lots of photos and will be sharing them on Facebook.

Meals: Students are required to provide their own recess, snacks and water for the bus trip. Please do not pack this in their larger bags. They will not be able to get these from under the bus during the trip. All other meals will be provided.

Returning to School: We are scheduled to arrive **back at school on Wednesday, November 25 at approximately 4.45pm**. Live updates will be posted onto the school Facebook page. Please refer to the school's Facebook page, which can be accessed via our website, for updates on arrival time.

Once again, due to COVID-19 safety guidelines, parents are to remain in their cars.

Boys will be waiting at the back of the oval, near the Henwood Street gate. Girls will be in the Covered Outdoor Learning Area (COLA) near the hall. (Should it be raining, all students will be in the COLA near the hall, with two of the teachers).

One teacher will be at the back gate with a phone (at the boys' pick up area), another in the bus bay (girls' pick up area). Parents are to drive slowly, safely pull in, wind down their window down and share their child's name with the teacher in that area. The teacher will call the group and ask that child to come to the car. This arrangement will be similar to when parents collected their child's Learning From Home pack. This should support parents in not having to drive a long way to collect their child (particularly in the event of wet weather), as well as, minimise the need for people to gather in groups.

Parent Contact: In case of emergencies, parents can contact the Sport and Recreation Centre between 8:30am and 5:00pm Monday to Friday, or the Merimbula Public School office during school hours on (02)6495 1266, to get a message to the teachers.

Money and Valuables: Students should not bring any money or valuables to camp, including all personal devices. Teachers and Sport and Recreation staff take no responsibility for the loss or damage to a student's personal property, including money or other valuable items.

MPS staff, the Sport and Recreation Centre and the Office of Sport is not liable for any injuries or loss suffered due to the use of equipment that has not been supplied by Jindabyne Sport and Recreation.

Included:

- 2 nights accommodation;
- Meals (2 breakfasts, 3 lunches and 2 dinners, 1 afternoon tea)
- Provision of Sport and Recreation staff for activities
- Transport to/from Merimbula Public School to Jindabyne Sport and Recreation Centre
- Evening recreation activities hosted by the Jindabyne Sport and Recreation Centre

What to Bring

(Please label **every** item including ALL clothing, towels and sleeping bag with your child's name). *Please note: School uniform does NOT have to be worn at camp.*

- Two pairs of running shoes (one old pair to wear in the water)
- Warm clothing for afternoon/evening activities (x 3 sets)
- Jeans/tracksuit pants (x 3 sets)
- Jumper
- Underclothes such as shirts (x 3) – No singlets, sleeveless or midriff
- Hat
- Beanie
- Socks and underwear (x 3 sets)
- Warm jacket – preferably waterproof (for evening and afternoon activities)
- Rain coat
- Pyjamas
- Covered shoes such as runners
- Swimming costume/board shorts
- Rash vest/rashie shirt
- Toiletries
- Toothbrush/toothpaste
- Soap
- Comb/brush
- Tissues
- Deodorant (no aerosols)
- Insect repellent (no aerosols)
- Sunscreen, sun hat, sunglasses
- Lip balm
- Paper, pens, pencils
- Beach towel
- Bath towel
- Pillow and pillow case
- Sleeping bag or doona
- Fitted sheet for single bed or two flat sheets
- Day backpack (e.g. school bag)
- Plastic/waterproof bag for dirty/wet clothes
- Medication (if required)
- Refillable Water Bottle
- Recess and snacks for the first day



Education

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merimbula-p.school@det.nsw.edu.au



What not to bring:

- Aerosol cans (i.e. spray-on deodorant or insect repellent)
- Mobile phones and other electronic devices
- Lollies or chewing gum
- Jewellery
- Anything valuable (The Office of Sport takes no responsibility for the loss or damage to a client's personal property, including money or other valuable items).

Health and Safety

Medical and Consent Form - Jindabyne Sport and Recreation Centre

Please complete the attached **Year 6 Camp Medical Permission Note** as well as, an **online Medical and Consent form on behalf of your child**. **BOTH FORMS must be completed by NEXT WEDNESDAY, NOVEMBER 18.** If you are unable to access the internet to complete the form, please speak with your child's teacher promptly to arrange an alternative. Please visit the site below to access the form. Your child's classroom teacher will also send the link to you via Class Dojo messenger, so that you won't have to type it in. Alternately, you can copy it from this note (electronic version) saved on our website.

<https://officeofsport.ungerboeck.com/prod/emc00/register.aspx?eid=Q05LeXFGOGtIVFZyeWc4Ry9NWHlyQT090>

The information you provide on the Medical and Consent form will help teachers and Sport and Recreation staff look after your child's health needs at camp. If your child has an injury or pre-existing condition, allergy, special dietary needs or is on prescription medicines, please provide full details on this form.

Medication at Camp

Should your child require medication during their time at camp, please discuss this with your child's teacher in advance by calling the school on (02)64951266. Medications must be in original packaging and include a personalised label stating: students' name, dosage, time, date and the prescription has been provided by a doctor in writing.

All medications given to students (including prescribed, and over the counter i.e. Travelcalm and Panadol) require an accompanying letter from your child's doctor which includes dosage information and the completion of the form *'Request for support at school of a student's health condition'* available from the MPS office. **No medication will be given to your child if you have not met the label requirements, completed the online form for Jindabyne Sport and Rec AND the above stated form from Merimbula Public School.**

If your child suffers travel sickness, please have them take 'Travelcalm' or a similar product prior to leaving on Monday morning and inform the teachers.

Asthma and Anaphylaxis:

If your child suffers from asthma or anaphylaxis, they MUST HAVE an up to date asthma management plan or anaphylaxis action plan which has been prepared by their doctor. This must be provided to the school AND on their Medical and Consent form. If this is not provided, your child will be unable to attend camp.

Children with asthma need to bring their own peak flow meters to camp and carry their inhaler with them at all times. Children at risk of anaphylaxis need to bring at least one adrenaline auto injector (EpiPen). Children with food allergies are required to wear an identifying red wristband. This is an added precaution to assist Sport and Recreation staff when managing situations where food allergens may be present.

Bed Wetting:

If your child is prone to bed wetting, please advise the school in advance so teachers and camp staff can deal with the situation in a discreet and caring manner. If required, please provide a waterproof mattress protector.

First Aid:

Centre staff and Teachers hold senior first aid accreditations and can administer first aid, if required. If a student requires medical assistance, they will be taken to the nearest medical centre or hospital for assessment and their parents/guardians notified.

Camp Life

Accommodation:

Students stay in comfortable rooms or lodges with male and female students accommodated separately. At least one teacher will stay in a room nearby and will be responsible for student safety and behaviour.

Boys will be staying in rooms of 3 or 4, within a lodge up to 16 boys in total. This is at half capacity, compared to camps in previous years, as to adhere to COVID-Safe guidelines. Girls will be in rooms of up to 4, in a lodge of up to 20, also at half capacity. All staff have their own room and bathroom within the lodge.

Meals:

The qualified catering team prepare nutritious and delicious meals so your child will never go hungry at camp. If your child has any special dietary requirements or food allergies, it's crucial that these are listed on the Medical and Consent form. Please also inform your child's teacher before camp. Special diets can be provided for medical conditions, religious beliefs and lifestyle choices such as vegetarians or vegans.

Behaviour:

So that camp is a fun and safe experience for everybody, rules will be in place for students to follow in line with our school values. Additional rules apply to the Sport and Recreation setting. These will be explained to your child on arrival at camp. If your child misbehaves, the teachers will decide the best course of action for the safety of all students. Sport and Recreation has a zero tolerance stance on bullying.

In the case of extreme inappropriate behaviour, or if a child demonstrates continued disobedience, they may be suspended from the camp and his/her parents may be asked to collect them. Students misbehaving may need to be excluded from activities for their own/others' safety.

COVID-19 Safety:

With this being a school event, Department and NSW Health COVID-Safe requirements are followed. This means that if a child displays any flu-like symptoms, he/she will need to be isolated in the camp sick bay/designated area and collected from camp by a parent/caregiver as soon as possible. He/she will also need to return a negative COVID test result to our school before returning to Merimbula Public School.

Other COVID-19 Related Safety Information

Whilst we are able to attend parks and the like for breaks, and will where needed, I am currently discussing appropriate times where our students may be able to take toilet breaks at local schools. This will be our preference if permitted. The coach does not have a bathroom. It is a coach with seatbelts.

As shared in this note, all rooms are at half capacity, compared with previous years/camps. Staff have their own rooms and bathrooms.

For those who may be concerned/interested, whilst other regional schools will be in attendance at the large venue, they will not be doing activities with our children/students. The other schools attending at the time we are on camp include: Bermagui Public School (Stage 3), Delegate Public School (10 students), St. Patrick's School in Gundagai (12 students) and, for a day field trip (not with our students) on the Tuesday only, a local school from Jindabyne.

For more information about Jindabyne Sport and Recreation Centre, and their COVID-Safe plans, visit their website at:

<https://www.sport.nsw.gov.au/facilities/schools/parent>

Regards,

Michelle Hulme
Principal

Planned Itinerary

Monday, November 23, 2020	
7:50am	Students arrive at school for roll call with all luggage, fruit break/morning-tea, water and housekeeping (medications if needed)
8:20am	Coaches depart from school
	Comfort stop along the way if required
10:00am	Morning tea at Cooma (Centennial Park or local school TBC)
10.30am	Depart for Jindabyne
12:00pm	Arrive at Jindabyne Sport and Recreation Centre for lunch
1:00pm	Welcome talk and lodge allocation
1.30-4.30pm	Afternoon recreation activities at Sport and Recreation Centre: Group 1 - Slider Trikes and Archery Group 2 – Archery and Slider Trikes
5:00pm	Settling in to lodge/showers
6:00pm	Dinner at Sport and Recreation Centre
7:00pm	Evening recreation activity – Tabloid games in the recreation room
Tuesday, November 24, 2020	
8:00am	Breakfast
9:00am	Canoeing
12.30pm	Lunch
1:30 – 3.00pm	Afternoon recreation activities at Sport and Recreation Centre: Rogaining (Students work in small teams to use a map and navigate around the centre. Similar to orienteering); and Circus skills
4.30pm	Sport and Recreation Centre, free time/showers
5:00pm	Dinner
6:00pm	Evening recreation activities run by Sport and Recreation staff – oval games
Wednesday, November 25, 2020	
8:00am	Breakfast and pack up luggage
9:00am	Survival skills - The students work together in smaller groups to build a shelter, a stretcher and make a fire / Students sometimes include a damper cook with this activity
12:00pm	Lunch
1:00pm	Return to Merimbula PS by bus
3.30pm	Break (if needed)
4.45pm	Arrive back at Merimbula Public School