



Monday, June 24 2019

Years 3-6 Snow/Ski Camp

Dear Parents and Caregivers,

The Years 3-6 Snow/Ski Excursion is almost here! Camp is a memorable and enriching experience for students and we are very much counting down the days! The Jindabyne Snow Sports program is designed to allow students the unique opportunity of experiencing the snow and learning to ski or snow board in a fun, safe and structured environment. Students are encouraged to challenge themselves, learn new skills, display resilience and courage, all while nurturing an appreciation of the unique alpine environment.

Please read the following information carefully with your child. For any questions or concerns please contact your child's class teacher. Students will be accompanied by Ms Hulme, Miss Sconfienza, Miss Patterson, Mr Morris and Mr Kirk.

Overview

Departure

Students are required to arrive at school by 7.30am Tuesday 23rd July. Following roll call and housekeeping matters, the bus will depart by approximately 8am. On arrival at school, please hand any **medication to Miss Patterson**. 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, ski clothing and toiletries) and a daypack. Their small daypack is needed for their recess, afternoon tea and drink bottle to go on the bus. The daypack will be needed each day to store shoes/drink bottle/clothing 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 on Tuesday. 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 Thursday 25th July at approximately 8.00pm. 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.

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 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.

Included

- 2 nights accommodation
- Meals (2 breakfasts, 3 lunches and 3 dinners)
- Provision of Sport and Recreation staff for on snow and evening activities
- 2 day lift and lesson pass at Perisher Blue
- Professional graded lessons with Perisher Snow Sports
- Private meeting and storage areas on the snow (in Blue Cow Terminal Building)
- Ski Equipment Hire (skis, stocks and boots)
- Transport to/from the ski tube terminal, including ski tube ticket and National Parks Entry
- Transport to/from Merimbula Public School to Jindabyne Sport and Recreation Centre
- Evening recreation activities hosted by the Jindabyne Sport and Recreation Centre
- Neck Warmer and drink bottle for each student

What to Bring

(Please label **every** item including ALL clothing, towels and sleeping bag with your child's name)

Please note: School uniform (labelled) should be worn on the first day of camp (Tuesday)

For afternoon and evening recreational activities and travelling to and from Merimbula.	For Snow Activities
<ul style="list-style-type: none">• Warm clothing for afternoon/evening activities (x 2 sets)<ul style="list-style-type: none">○ jeans/tracksuit pants○ jumper○ underclothes such as shirts/spencer/singlet○ beanie○ NB: Students should wear 3 layers of clothing on their upper body.• Socks and underwear (x 3 sets)• Warm jacket – preferably waterproof (for evening and afternoon activities)• Pyjamas• Covered shoes such as runners• Toiletries<ul style="list-style-type: none">○ toothbrush/toothpaste○ soap○ comb/brush○ sunscreen	<ul style="list-style-type: none">• Waterproof Ski Jacket***• Waterproof Ski Pants***• Gloves (1-2 sets)***• Goggles*• Beanie• Long (calf length) THIN warm socks or ski socks• At least 3 layers of warm clothing e.g. long sleeve tops, spencer, thermals, jumper• Sunscreen <p>*** These items can be hired for an additional cost at the ski hire outlet. Please place the <u>exact cash</u> in an envelope with yours child's name and what they require to</p>

<ul style="list-style-type: none"> ○ lip balm ○ (no aerosols are allowed) ● Towel ● Pillow ● Sleeping bag or doona ● 2 single 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 	<p>hire. <u>You MUST inform your child's teacher if you require these items and hand the envelope to the office prior to the excursion.</u></p> <p><i>Jackets and Pants</i> \$21.00 <i>Gloves/Goggles (per item)</i> \$8.00</p>
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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.

Health and Safety

Medical and Consent Form - Jindabyne Sport and Recreation Centre

Please complete an online Medical and Consent form on behalf of your child. **This must be completed by Friday, June 28.** 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.

<https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform>

The booking number is – 554356
Booking start date – 23.07.2019
Booking venue – Jindabyne Sport and Recreation Centre
Name of organisation and/or organiser – Merimbula Public School

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. 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 Tuesday morning and inform the teachers.

All medications and completed forms should be given to Miss Patterson or MPS office before Wednesday 3rd of July. Please notify the school immediately if you are unable to provide your child's medication on this date.

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. Qualified Ski Patrol will be called upon should any accident occur on the mountain.

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.

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 and Ski 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.

Planned Itinerary

Tuesday, July 23 2019	
7:30am	Students arrive at school for roll call with all luggage, fruit break/morning-tea, water and housekeeping (medications if needed)
8:00am	Coaches depart from school
	Comfort stop along the way if required
10:30am	Morning tea at Cooma (Centennial Park)
11:00am	Depart for Jindabyne
12:00pm	Arrive at Jindabyne Sport and Recreation Centre for lunch
1:00pm	Welcome talk and lodge allocation
2:00pm	Students fitted for skis/stocks/boots and any clothing required
3:00pm	Afternoon recreation activities at Sport and Recreation Centre (time permitting)
5:00pm	Settling in to lodge/showers
6:00pm	Dinner at Sport and Recreation Centre
7:00pm	Ski Talk coordinated by Sport and Recreation staff to explain all mountain procedures
Wednesday, July 24 2019	
8:00am	Breakfast
9:00am	Buses leave for Perisher. Students put their boots on a Bullocks flat before getting onto the Ski Tube
10:30am	Grading and professional lessons run by Perisher Snow sports
12:30pm	Names marked off then lunch at Blue Cow in Sport and Recreation private meeting area
1:00pm	Supervised Ski time with Sport and Recreation staff and MPS teachers
2:30pm	Afternoon Tea
4:00pm	All groups meet back at Meeting Area (skis/stocks/boots all stored in locker at Blue Cow). Helmets and clothing taken back to Sport and Recreation Centre for drying in drying room if needed.
4:30pm	Ski Tube from Blue Cow to Bullocks Flat, then bus to Jindabyne
5:15pm	Arrive back at Sport and Recreation Centre, any ski hire issues attended to, free time/showers, afternoon tea
6:00pm	Dinner
7:00pm	Evening recreation activities run by Sport and Recreation staff
Thursday, July 25 2019	
8:00am	Breakfast and pack up luggage
9:00am	Buses leave for Perisher
10:30am	Professional lessons run by Perisher Snow sports
12:30pm	Names marked off then lunch at Blue Cow in Sport and Recreation private meeting area
1:00pm	Supervised Ski time with Sport and Recreation staff and MPS teachers
2:30pm	Afternoon Tea
	All groups meet back at Sport and Recreation meeting area
3:30pm	Ski Tube from Blue Cow to Bullocks Flat, then bus to Jindabyne
4:30pm	Arrive back at Sport and Recreation Centre, return ski hire and collect luggage
5:00pm	Dinner - Burgers
5:30pm	Depart Jindabyne for Merimbula. Comfort stops as required
8:00pm	Estimated arrival time at Merimbula Public School

Perisher Snow Sports

Parent/Carer Assessment of Student Ski Experience and Ability

Please return to the office by Friday June 28

Dear Ms Hulme,

My Childs name: _____ Class: _____

To assist Perisher Snow Sports with planning, please nominate your child’s skiing ability by completing and returning the slip below:

Never skied before.	
Skied once or twice, not confident	
Skied before and can stop in a snowplough and can link snowplough turns. Can ride a chairlift, t-bar and poma. Skis easy beginner slopes.	
Beginning to develop parallel turns. Can ride most lifts. Skis beginner slopes.	
Can link parallel turns. Skis blue/intermediate runs.	
Dynamic parallel turns. Can ski on challenging terrain.	
Confident skier. Can ski all terrain in varied snow conditions (e.g. icy). Can perform dynamic short, medium and long turns.	

Please add any additional information you feel may be helpful

I acknowledge that I will assist my child to pack the recommended clothing, equipment and personal items that have been stated to bring to camp.

I also understand that he/she will need to have medical requirements stated by a Doctor as described and that he/she must bring an asthma puffer/EpiPen (if required), in addition to the one held at school, which will also be taken.

If my child misbehaves, becomes unwell or is significantly injured, I will be contacted to collect them as would be the case if they were at school.

Name (Parent/Caregiver): _____ Signed: _____

Date: _____ Contact Ph: _____