



14th October, 2016

Stage 3 Jindabyne Camp

Dear Parents, Grandparents and Carers,

It is nearly time! The Jindabyne Camp is only 3 weeks away. Thank you to all the parents who are supporting the excursion and are providing your children with this fantastic experience. However, there are a few things we need you to do before your children embark on the awesome adventure. The first and foremost is completing the online medical information form on the Sport and Rec website. The link is attached below. If you have any problems completing this form online please contact the school and we will arrange an alternative. Further progression of organisation cannot commence until all children attending the camp have completed the medical form. Therefore, we are asking that the form be completed online, no later than **Wednesday 19th October, 2016**

Attached below is extra information you need to ensure your child is ready for departure and prepared for the 3 nights and 4 days away. Further information, including departure and return times, contacting your children in case of emergency, and behaviour expectations will be sent home in a note once the medical forms have all been returned.

If you have any other questions that are not addressed in the attached information, please do not hesitate to contact your child's teacher to arrange a time to discuss these queries.

Regards

Stage 3 Staff

Health and Safety

In preparation for your stay at Jindabyne Sport and Recreation Centre for your next School Camp, it is vital the Centre receives information relating to medical, dietary and other special needs for students, teachers and other supervising adults. This information is provided using our online Medical and Consent form available at:

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

Parents/guardians must complete this form on behalf of their child.
When communicating this information you must include the following details:

Booking Number: 485175

Booking Start Date: 8/11/2016

Booking Venue: Jindabyne Sport and Recreation Centre

**PLEASE COMPLETE THIS ONLINE MEDICAL & CONSENT FORM NO LATER THAT
WEDNESDAY 19th, OCTOBER**

Medication at Camp

Your child should bring enough medication for the duration of their stay. All medication should be in its original packaging with a letter from your doctor that clearly outlines your child's name, medication dosage and dosage frequency.

You should discuss any medications with your child's teacher, as they will be responsible for making sure your child takes their medication. Medications will be collected on the morning of departure.

Asthma and Anaphylaxis

If your child suffers from asthma or anaphylaxis, they should have an asthma management plan or anaphylaxis action plan that has been prepared by their doctor. If your child has a plan, please ensure it has been provided to the school as soon as possible.

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.

Bed Wetting

If your child is prone to bed wetting, please advise your child's teacher in advance so staff can deal with the situation in a discreet and caring manner.

Camp Life

Accommodation

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

Meals

A 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. It's also a good idea to mention it to your child's teacher before camp. Special diets are provided for medical conditions, religious beliefs and lifestyle choices such as vegetarians or vegans.

Behaviour

Behaviour expectations and a student Code of Conduct will be sent home shortly in a separate note.

Outdoor Safety

Every effort is made to ensure your child's safety and comfort while at camp. Students are expected to abide by the SunSmart policy that promotes wearing broad-brimmed hats and sunscreen. Exposure during the hottest part of the day is also limited as much as possible. Personal flotation devices (life jackets) are supplied by the Centre. **Covered shoes must be worn when participating in all boating activities.**

Money and Valuables

Souvenirs are sold from a gift shop at camp. If your child needs spending money, we suggest this is limited to \$20 or \$30. Please put money in a sealed envelope with your child's name clearly marked on it. It will be the responsibility of the students to ensure their spending money is kept safe.



What to Pack

Luggage

One piece of luggage, a sleeping bag and a small back pack is recommended per child. These should be clearly marked with your child's name, address and phone number.

Remember, your child will have to carry their luggage so it's good to make sure it's not too big or too heavy. Items needed on the trip to Jindabyne should be packed in the backpack.

Checklist

Please label all clothing, towels and sleeping bag with your child's name.

- 3-4 x Shorts and t-shirts (no singlets, sleeveless or midriff tops)
- 1 x Jeans
- 2 x Jumpers and tracksuit pants

(Enough of the above for 3 layers of warm clothing as it may get very cold!!!)

- 4-5 x Socks and underwear
- 1 x Raincoat
- 1 x Warm jacket (winter only)
- 2 x Pyjamas
- 1-2 x Swimming costume and rashie shirt
- Sunscreen, sun hat and sunglasses
- Two pairs of running shoes (one old pair to wear in the water)
- Toiletries, soap, lip balm and insect repellent (no aerosols)
- 2 x towels
- Pillow, sleeping bag (or doona and 2 x single flat sheets)
- Day backpack
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
- Medication (if required)
- Handkerchief or tissues
- Water bottle
- Lip Balm

Optional

- Camera
- Up to \$30 for souvenirs

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

(Sport and Recreation and MPS staff take no responsibility for the loss or damage to a client's personal property, including money or other valuable items)