



Friday, November 18, 2022

Year 5 Jindabyne Sport and Recreation Centre Camp November 30 - December 2

Dear Parents and Caregivers,

The Year 5 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 Ms Manda Hensman, Mr Kyle Gasser, Mr Neil Dmytryk and Mr Craig Morris on this camp. Thank you to the teachers for volunteering their time.

Overview

Departure:

Students are required to arrive at school **by 6.15am on Wednesday November 30.**

Students are to assemble (with their gear) in the hall on arrival. Parents/Caregivers are to say goodbye before students enter the hall.

Following roll call and housekeeping matters, the bus will depart by approximately 7.00am.

All medication requirements are to be arranged prior to and given to the office **by Friday, November 25. Please refer to 'medication at camp' for further information regarding the administration of medications. No medication is permitted to be handed to staff on the morning of departure.*

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 communication 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 to Jindabyne. 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, including lunch on the first day.

Returning to School: We are scheduled to arrive back at school on Friday, December 2 at approximately 5.30pm. 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. Students will enter the school grounds on arrival and be collected from the covered area near the hall.

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 (breakfast, 3 lunches and 2 dinners 2 afternoon teas, 2 suppers);
- 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 the afternoon/evening activities (x 2 or 3 sets)
- Jeans/tracksuit pants (x 3 sets)
- 2 Jumpers
- Underclothes such as shirts (x 3) – No singlets, sleeveless or midriff
- Hat (Bucket hat/broad brimmed hat)
- Beanie
- Socks and underwear (x 3 sets)
- 2 Warm jackets – preferably waterproof (for evening and afternoon activities)
- Rain coat
- 2 sets of 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 (*sunscreen will also be provided*)
- 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 ie: Asthma puffer, EpiPen, Travel Sickness Medication – all to be handed in and be in the prescribed container from the chemist, with medical note signed by your doctor attached)
- Refillable Water Bottle
- Recess and snacks for the first day

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 or 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

Thank you to all parents/caregivers who have already completed and returned the camp **Medical Note** and **Online Medical Permission Information**. If you have not completed one of these items (that were due on September 23), your child's class teacher will contact you (**Students cannot attend camp if these are not completed**).

The information you provided on the Medical and Consent form and via the online portal will help teachers and Sport and Recreation staff look after your child's health needs at camp. If your child has a new injury or pre-existing condition, allergy, special dietary needs or is on prescription medicines, please provide full details on an updated form. Forms can be downloaded via our school website. If your child requires half tablets as medication, a Webster/blister pack will need to be provided (also labelled by a doctor).

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 'Student Health Condition Support' form available from the MPS office. **Please contact our office on (02) 64951266 ASAP if you need a Student Health Condition Support Form from our office. These have not been handed out to all students.**

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 forms from Merimbula Public School.

If your child suffers travel sickness, please have them take 'Travelcalm' or a similar product prior to leaving on

Wednesday morning and inform the teachers.

Asthma, Allergies and Anaphylaxis:

If your child suffers from Asthma, has an allergy or anaphylaxis, they MUST HAVE an up to date asthma management plan, Green Allergy action plan and/or Red 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 spacers 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/Anapen).

Children with identified allergies also need to provide medication as stated on their green allergy plan.

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. Parents/caregivers may be required to collect their child from Jindabyne in the event of an accident, illness or behaviour incident.

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 within a lodge up to 8 boys in total. Girls will be in rooms of up to 5 or 7, in a lodge of up to 8. 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 was crucial that these were listed on the Medical and Consent form (paper and online one). Please inform your child's teacher before camp if your child has any changes in this regard, by completing an updated form. As shared, the forms are located on our website. 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 and Discipline Policy. 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, during appropriate times we may take our students to have toilet breaks at public restrooms during our trip to/from Jindabyne. The coach does not have a bathroom. It is a coach with seatbelts. Students will be required to sanitise before/after eating and toileting/ Masks may also need to be worn when on the bus. If so, these will be provided.

For those who may be concerned/interested, whilst other schools will be in attendance at the large venue, they will not be doing activities with our children/students. We have separate lodges from other schools also. Our students stay in the Crackenback Lodge (Boys) and the Ramshead Lodge (Girls).

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 Huddleston
Principal

Manda Hensman
Coordinator



Planned Itinerary

Wednesday, November 30, 2022	
6.15am	Students arrive at school for roll call with all luggage, fruit break/morning-tea, water and housekeeping (medications if needed)
7.00am	Coaches depart from school
	Comfort stop along the way if required
8.45am	Morning tea at Cooma
9.30am	Depart for Jindabyne
10-10.30am	Arrive at Jindabyne Sport and Recreation Centre/ Welcome talk and lodge allocation
	Room allocation
12.00pm	Lunch
1.00pm	Canoeing
2.30pm	Afternoon Tea
3.00pm	Activity
4-5.30pm	Settling in to lodge/free time/showers
5.30pm	Dinner at Sport and Recreation Centre
7.00pm	Evening recreation activity – Games
8.30pm	Back to rooms
9.30pm	Lights out
Thursday, December 1, 2022	
8.00am	Breakfast
9.00am	Archery / Rogaining
10.30am	Morning Tea
10.45am	Archery / Rogaining
12.00pm	Lunch
1.00pm	Circus Skills / Sliders
2.30pm	Afternoon Tea
3.00pm	Circus Skills / Sliders
4-5.30pm	Free time/showers
5.30pm	Dinner at Sport and Recreation Centre
7.00pm	Evening recreation activity – Trivia
8.30pm	Back to rooms
9.30pm	Lights out
Friday, December 2, 2022	
8.00am	Breakfast
9.00am	Survival Skills
10.30am	Morning Tea
10.45am	Activity
12.00pm	Lunch
2.00pm	Depart for Merimbula Public School
5.30pm	Arrive at Merimbula Public School