

**Year 5 & 6 Camp 2022
Borambola
Monday 28th November to Wednesday 30th November 2022**

Dear Parents and Carers,

As a part of our outdoor education program for 2022, the senior students will participate in a 2-night camp to Borambola Sport and Recreation Centre, which is run by the NSW Office of Communities, Sport & Recreation. This facility and the programs it offer support learning in our Physical Education, Health and Personal Development Curriculum. It is recommended that all students attend. If children are unable to attend, then they will be catered for at school for the 3 days.

The camp will be held from the 28th to the 30th of November, Term 4, 2022. This opportunity provides students to celebrate the relationships they have built with their teachers and peers. It fosters collaboration, builds independence and meets curriculum requirements. The children will participate in a range of activities with trained instructors, which may include:

- Kayaking
- Cookouts
- Pool Games
- Circus Skills
- Sponge Wars
- BMX Riding

School teaching staff will accompany students during all activities.

In supporting us to organise this camp we ask that you complete the following forms by **Friday 23rd September 2022**.

- 1) Permission slip
- 2) Medical information
- 3) Covid-19 Consent
- 4) Borambola Sport and Recreation Centre Online Medical and Consent Form

The cost for the program, accommodation, food and bus fare is \$335.00. Full payment for the camp is due no later than **21st November 2022**. We understand that this is a significant expense, if you require financial support or would like to make a payment plan, please contact Anne Hull.

For any questions or further information about camp please go online to <https://www.think-outside.com.au/borambola>

Who	All students in Years 5 and 6 accompanied by classroom teachers.
What	Year 5 & 6 Camp 2022, Borambola Sport and Recreation Centre As a part of the PDHPE program, students are invited to participate in school camp. Students will participate in a number of different obstacles and activities that encourage students to work as a team and build confidence whilst being physically active.
When	8:00am Monday the 28 th of November to 5:00pm Wednesday 30 th of November
Where	Borambola Sport and Recreation Centre - 1980 Sturt Hwy, Borambola NSW 2650
How	Students must arrive at school by 7:30am to catch the bus and will return by approximately 5:00pm (please check SkoolBag for updates)

Yours sincerely

Miss Gemma Hawkins
Stage 3 Assistant Principal
Gemma.Hawkins11@det.nsw.edu.au
2.9.2022

Parent information: Borambola Sport and Recreation Camp

Teachers:

This year Miss Hawkins and Mr Mitchell will be attending the Camp. They will be accompanied by the necessary school learning and support officers.

Food:

Children may like to pack a small snack and drink of water for morning tea on the first day. Lunch and all other meals will be provided.

What to pack:

One piece of luggage, a sleeping bag, pillow and a small day backpack is recommended per child. These should be clearly marked with your child's name. Remember, your child will have to carry their luggage so it is good idea to make sure it is not too big or too heavy. Items needed on the trip should be packed in the backpack.

• Checklist –

Items should be clearly marked with your child's name.

- Shorts and t-shirts (no singlets, sleeveless or midriff tops)
- Jeans
- Jumpers and tracksuit pants
- Socks and underwear
- Raincoat
- Warm jacket (winter only)
- Three layers of warm clothing (winter only, or all-year round at Jindabyne, Borambola, Lake Burrendong and Lake Keepit)
- Pyjamas
- 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)
- Two towels
- Pillow, sleeping bag or doona and two single flat sheets
- Day backpack
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
- Medication (if required)
- Handkerchief or tissues
- Water bottle

• What not to bring:

- Mobile phones, cameras and other electronic devices
- Jewellery
- Anything valuable

Medication at camp

Your child should bring enough medication for the duration of their stay. All medication should be in its original packaging and clearly labelled with your child's name, the dosage and frequency. You should discuss this with your child's teacher as they will be responsible for making sure your child takes their medication.



Asthma and anaphylaxis

If your child suffers from asthma or anaphylaxis, they should have an asthma management plan or anaphylaxis action plan which has been prepared by their doctor. Download sample plan templates from Australasian Society of Clinical Immunology and Allergy website (link is external). If your child has a plan, please provide it to the Centre at least three weeks prior to attending 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. On catered programs, children with food allergies are required to wear an identifying red wristband. This is an added precaution to assist staff when managing situations where food allergens may be present. Find out more about processes and procedures in place to manage allergies and anaphylaxis.

Bed wetting

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

Permission to Attend

This excursion has been planned to supplement following work being done in the classroom **on the 28th November till the 30th of November 2022**. The cost of the excursion is \$335.00. The students will depart from Sutton Public School via bus at **8:00am** on Monday and return to Sutton Public School via bus around **5:00pm** on Wednesday. All staff attending are CPR trained. Accompanying staff will be allocated to effectively cater for student supervision requirements.

I understand that my child will receive medical treatment in the case of an emergency.

I give permission for child _____ of class _____ to attend Borambola Sport and Recreation Camp from **Monday 28th November to Wednesday 30th November, 2022**.

I have made an Online Payment. Receipt Number: _____ Date Paid: _____

Online Payment Details

In "Payment Options" please select **Excursions** and in "Payment Description" please insert **Stage 3 Camp 2022**

Parent/ Guardian Signature

Date

Medical Information

1. Does your child suffer from any medical condition? (asthma, diabetes, epilepsy, etc) Please note details of any medical management program that staff may need to be aware of.



Address
18 Victoria Street
Sutton NSW 2620



Contact
02 6230 3215
Sutton-p.school@det.nsw.edu.au



Website
<http://sutton-p.schools.nsw.gov.au>



Facebook
Follow us on
Facebook

2. Give details of any medication (and dispensing routine) that your child is currently taking. _____
3. Give details of any allergy your child has to common foods, plants, insect bites, medications (eg Penicillin) _____
4. In what year was your child last immunised against tetanus? _____

Is there any other health related information that we may need to be aware of that may impact on any of the activities undertaken during this activity? _____

Covid-19 Consent

I acknowledge that this event/activity is required to be held in accordance with any current NSW Health COVID-19 Public Health Orders and the NSW Department of Education's policies and procedures. I acknowledge and accept that there is a risk that my child may be exposed to COVID-19 whilst attending and participating at this event. I confirm that my child will not attend if displaying any symptoms of illness, and/or if directed to isolate under public health orders.

Parent/ Carer Signature _____ Date _____

Borambola Sport and Recreation Camp

Dear Parents and Guardians,

Your child is about to attend a Sport and Recreation school camp at Borambola Sport and Recreation Centre organised through Sutton Public School. Prior to the camp all students must complete a Medical and Consent Form.

The information that Sport and Recreation needs about your child includes:

- medical conditions
- food related allergies
- special diets
- medication
- emergency contact details
- media consent

Sport and Recreation needs you to complete this form on behalf of your child. The form is available online and is easy to complete. Once you submit the form the information is sent to the Centre so the staff can prepare for your child's visit.

Please complete the Medical and Consent Form at:

<https://officeofsport.ungerboeck.com/prod/emc00/register.aspx?eid=Q3ZsVm8xQmg0ODJhaGVWUEgrWU8yUT090>

It is vital that you enter the following details to complete the online form by **Monday, 7th November, 2022**

- Booking Number 22878
- Booking Start Date **28/11/2022**
- Booking Venue **Borambola Sport and Recreation Centre**