

MILSON ISLAND YEAR 5/6 CAMP
INFORMATION SHEET

Thursday 15 November 2018

Dear Parents,

Please find below information relevant to our excursion to **Milson Island Sport and Recreation Centre**, Monday 10 to Friday 14 December 2018.

Departure – All pupils are to arrive at school before 8.00am for departure at 8.15am.

Sickness – Should a student become too sick to attend the excursion, parents are requested to phone the school office between 7.30am and 8.00am on 9498 4644 on the day of departure.

Luggage – All items should be labelled – eg. cameras etc. Children are welcome to bring comics, books and small games. No lollies or chewing gum are permitted.

The children will have to carry their luggage from the bus to the ferry (approx 100-200 metres) so this should be kept in mind when packing.

GEAR FOR STUDENTS

- toiletries – including soap
- a water bottle (compulsory)
- a raincoat and sunhat
- shorts, t-shirts (no singlet tops or midriff tops), socks and underwear for the duration of the camp
- at least 2 pairs of shoes suitable for rough wear (one pair for every day, one old pair to wear in the water for kayaking etc)
- swimming costume, 2 towels, rash shirt or t-shirt to wear in water.
- jeans and/or trackpants
- sloppy joes/jumpers/jackets
- sunscreen and **roll on** insect repellent
- pyjamas, pillowcase, sleeping bag
- a plastic bag for dirty clothes
- day backpack
- handkerchief or tissues
- optional: camera, torch, small games, books, magazines, small fishing gear
- medication should be in its original packaging and clearly labelled with the student's name, dosage and frequency

Please do not bring: thongs, Ugg boots or mobile phones.

Students should bring something for morning tea on Monday.

Medical and Consent Form – Parents/guardians need to complete an online Medical and Consent form by **Friday 23 November**. This form includes special dietary, health or medical requirements for your child. It also includes emergency contact details and media consent.

The online link for the Medical and Consent form is:

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

Booking Number: 516326

Booking Start Date: 10/12/2018

Booking Venue: Milson Island Sport and Recreation Centre

Asthma and /or anaphylaxis – If your child has asthma or is at risk of anaphylaxis, it's essential that you have provided an updated asthma and/or anaphylaxis management plan so that teachers and sport and recreation staff know what action to take in the event of an attack.

Children with asthma should bring their own peak flow meters and keep their inhalers with them at all times. Children at risk of anaphylaxis need to bring at least one adrenaline auto injector.

At Milson Island, children who are at risk of food related anaphylaxis will be required to wear a red wristband. This is an extra precaution to assist staff when managing situations where food allergens may be present.

Activities – The children will be participating in the following: kayaking, vertical challenge, bushwalking, pool games, archery, cookout, fishing, abseiling, bikes, raft building and challenge ropes.

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

Meals- The catering team prepare nutritious and delicious meals so the students 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. Special diets are provided for medical conditions, religious beliefs and lifestyle choices such as vegetarians or vegans.

Money – Pupils may wish to bring a maximum of \$20 spending money (sealed in a labelled envelope, showing name, school and amount). Souvenirs prices are approximate:

Thermo Mug	\$13 (Premium)	Torch	\$5.50
T-Shirt	\$13	Key ring	\$4
Boomerang	\$10	Novelty Pen	\$4
Thermo Mug	\$9	Hacky Sack	\$3
Pencil Case	\$9	Fridge Magnet	\$3
Trucker Hat	\$9	Ruler	\$3
Aluminium Bottle	\$9	Tote Bag	\$3
Drink Bottle	\$7	Pen	\$2.50
Can Cooler	\$5.50		

Excursion Rules – All pupils have been informed of acceptable and respectful behaviour for this excursion. The expectation is that students will observe and comply these rules at all times.

Return – Our estimated return time to school is by 2.15pm on Friday 16 December.

Emergencies – Please put this aside for reference.

This number is to be used in an **emergency only** – Milson Island Sports and Recreation Camp (02) 9985 9261.

J Huckerby
Principal

T Sparke
Excursion Coordinator