



St John the Evangelist Catholic High School

Principal Mrs Sandra Hogan
Tel: (02) 4423 1666
Fax: (02) 4423 1086

PO Box 1046 Nowra NSW 2541
email: info@sjedow.catholic.edu.au
website: www.sjedow.catholic.edu.au

4 February 2016

YEAR 9 BUSHCRAFT 2016

Dear Parent / Carer

Your son/daughter has enrolled in the elective subject 'Bushcraft'. This is a Board of Studies approved course that runs for two years in the stage 5 syllabus. Students within the course are required to fulfill both theory and practical components. In Year 9 the practical excursions that are run in conjunction with theory covered in class are:

Date	Trip	Fee
Term 1 Week 8-10	'Bushramble' Day Walk	\$10
Term 2 Week 8-10	Kangaroo Valley Day Walk	\$30
Term 3 Week 8 or 9	Yalwal Creek overnight walk	\$30
Term 4 week 4 – 11	Canoe excursions	\$40
	TOTAL	\$110

Optional Trips

There are several other optional excursions offered throughout the year that are not covered by this permission note or the fees above. Examples include 6 Hour Rogaine, 24 Hour Rogaine, Canoe/Walk trip, Hillary Challenge, Noah's challenge, and the Duke of Edinburgh Award. These will be offered to students throughout the year.

Nature of the activities

The outline of each excursion is given in more detail on each attached permission note. They are all held in an outdoor environment and require students to be willing to engage in the outdoor activity being run.

Dates

All practical sessions will be conducted during school time; weather permitting.

Transport

Travel by bus departing and returning to St John's. Some students may be required to travel in a vehicle driven by a staff member.

Student equipment required

Students MUST NOT wear sports uniform for any practical excursion. They are required to wear clothing appropriate to the activity that they will be attending as outlined in each specific activity note provided below. Water, lunch and sun protection are also essential for all excursions.. The school is not responsible for any personal equipment being lost, stolen or damaged on any activity.

Cost

\$110.00 to be paid at the school office by **Friday 19 February 2016**.

This covers bus fares and the use of equipment FOR ALL (4) OF THE EXCURSIONS LISTED IN THIS PACK.

Payment

is available at the office via Cheque/Cash or EFTPOS – no later than **Friday 19 February 2016**.

Alternatively, Online Payment is available for this excursion. Go to school website www.sjedow.catholic.edu.au, Parent Info, Excursion Letters & Payment & select the relevant LINK. St John's **password** for all online payments is **PaxChristi** (no space).

Failure to meet the due date may jeopardize your student's participation in this excursion. In the event of financial difficulties, the student should see their teacher or subject coordinator. Parents may also contact the Principal's Secretary to discuss any difficulties.

Please fill out and sign the permission slip for each activity below and return it to the school, together with the payment, by the due date noted above. Signed permission slips **must** be returned by all students. If payment is made online permission slip is to be dropped in the box located in the student foyer.

Please Note

The school cannot be held responsible for students' property during an excursion.

Yours faithfully

Mr McLennan
Outdoor Education Coordinator

Staff Use Only – Filed PDHPE Receipt #45. \$110.00 Yr 9 Bushcraft Due Date: 19 February 2016



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Dear Parent/ Carer

This note provides information about the '**Bushramble**' day walk which is part of the Bushcraft Year 9 program.

Details as follows:

AIMS: To develop first aid, Bushcraft, team work and leadership skills as well as group cohesion and camaraderie.

WHEN: Mr McLennan's class Week 11.

WHERE: Students will walk from school into the surrounding local state forest around the Flat Rock Dam area and return to school walking.

TRANSPORT: Students will not require any transport and will return to school by 2:45pm in time for buses.

ACTIVITIES: The activities the students may participate in on the bushwalk are:

- *Navigation*
- *Initiative activities*
- *Bushwalking*
- *Swimming (with staff supervision)*
- *Group Challenges*
- *Fire lighting*
- *Constructing bush shelters*
- *First aid scenarios*

SUPERVISION: All activities are supervised and led by teachers who are appropriately qualified to lead such activities.

BEHAVIOUR CODE: Common sense is the main rule. "*Look after yourself, others and the environment...*" Parents will be called to remove students from the walk for serious or continuous infringements.

MEDICAL CONCERNS: Attached is a Medical Form. Please fill it out carefully noting any dietary or medicinal requirements where necessary.

COST: **\$10.00**

DUE DATE: Friday, 19 February 2016

Failure to meet the due date may jeopardize your student's participation in this excursion.

Please fill out and sign the permission slip below and return it to the school by the due date noted above. Signed permission slips must be returned by all students.

Please Note: *The school cannot be held responsible for students' property during an excursion.*

Parents are asked to contact the school as soon as possible, if you have any questions or concerns.

Yours faithfully

Mr McLennan
Outdoor Education Coordinator

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PERMISSION SLIP Year 9 Bushramble Day Walk

Please return to the office by **Friday, 19 February 2016**

This form must be completed by a Parent or Guardian

I give permission for my son/daughter _____ to attend the Year 9 Bushramble Day Walk in Term 1 **Week 11, 2016**.

I have read the note provided and understand the nature of the activities in which my child will be participating.

Parent/Carer Name: _____

Contact Number: _____

Parent/Care signature: _____

Date: _____

Any concerns please outline below:



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4 February 2016

Dear Parent/ Carer

This note provides information about the **Bushwalk training day** walk which is part of the Bushcraft Year 9 program.

- AIMS:** To develop Bushwalking skills specific to the 2 day bushwalk students will complete in Term 3, most importantly the ability to carry a backpack up a steep hill
- WHEN:** Mr McLennan's class Term 2 Week 8-10
- WHERE:** Students will complete a walk in Morton National Park in Kangaroo Valley, up McPhails fire trail and on to Mt Crialoo which overlooks the Meryla pass and upper Shoalhaven Gorge area.
- TRANSPORT:** Students will travel by bus to the venue.
- ACTIVITIES:** The activities that the students may participate in on the bushwalk are:
- *Navigation*
 - *Initiative activities*
 - *Bushwalking on track*
 - *Bushwalking off track*
 - *First aid scenarios*
 - *Journal reflection exercises*
- SUPERVISION:** All activities are supervised and led by teachers who are appropriately qualified to lead such activities.
- BEHAVIOUR CODE:** Common sense is the main rule. *"Look after yourself, others and the environment..."* Parents will be called to remove students from the walk for serious or continuous infringements.
- MEDICAL CONCERNS:** Attached is a Medical Form. Please fill it out carefully noting any dietary or medicinal requirements where necessary.
- COST:** **\$30.00** covers the cost of the transport to and from the venue.

Failure to meet the due date may jeopardize your student's participation in this excursion. Parents may also contact the Principal's Secretary to discuss any concerns

Please fill out and sign the permission slip below and return it to the school by the due date noted above. Signed permission slips must be returned by all students.

Please Note: *The school cannot be held responsible for students' property during an excursion.*

Parents are asked to contact the school as soon as possible, if you have any questions or concerns.

Yours faithfully

Mr McLennan
Outdoor Education Coordinator



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PERMISSION SLIP Year 9 Bushcraft Day Walk

Please return to the office by **Friday, 19 February 2016**

This form must be completed by a Parent or Guardian

I give permission for my son/daughter _____ to attend the Year 9 Bushcraft Day Walk in
Term 2, 2016 – Week 8-10.

I have read the note provided and understand the nature of the activities in which my child will be participating.

Parent/Carer Name: _____

Contact Number: _____

Parent/Care signature: _____

Date: _____

Any concerns please outline below:



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Dear Parent/Carer

Students in Year 9 Bushcraft will be undertaking a two day, one night bushwalking camp.

Details as follows:

- WHEN:** **Mr McLennan's Class: Term 3 Week 9**
- We will meet at the Bushcraft shed at 8.30 am on Thursday. Students will return to school by 3.00 pm Friday ready for the regular school bus run.
- WHERE:** The walk will begin at Grassy Gully on the road to Coolendel. Students will walk using fire trails, tracks and trackless walking to navigate to Yalwal Creek. The walk will be approximately 14 kilometers long. The return trip will involve a different route back to Grassy Gully.
- TRANSPORT:** A mini bus will provide transport to and from the venue. In the event the bus cannot carry all the students some students may need to be transported in a teacher's vehicle.
- SUPERVISION:** Two (2) teachers will be attending the camp.
- ACTIVITIES:** Activities will include: bushwalking, navigation, camping, group initiative tasks, swimming (if weather permits, at least to wash the grime off), camp cooking on Methylated Spirit stoves, camp skills demonstrations and campfire games. Students will be camping under fly sheets with a groundsheet – not in tents.
- SAFETY:** It is essential that students train in the weeks leading up to the camp. A PLB (personal locator beacon) as well as a satellite phone will be carried on the walk. Specific details of the trip will be left with local Police as well as the school.
- TRAINING:** The walk will involve some strenuous climbing with full backpacks. Students have been instructed that some training would assist them in preparing for the camp. It is important that they walk as often as possible with weight on their backs. One suggestion is that students walk in the morning or after school to or from a bus stop that is further away from their regular stop.
- WHAT TO BRING:** **Students will be provided with a detailed list of "what to bring" closer to the date.**
- Students will all be provided with tents and methylated spirit stoves. Rucksacks, sleeping bags and ground mats are available as required. Raincoats and thermal clothing will be supplied and must be carried.
- COST:** **\$30.00** (includes transport, ingredients for dinner, and contributes towards the use and wear and tear of school equipment.
- DUE DATE:** **Friday, 19 February 2016**

Failure to meet the due date may jeopardise your student's participation in this excursion. In the event of financial difficulties, the student should see their teacher or subject coordinator. Parents may also contact the Principal's Secretary to discuss any difficulties.

Please fill out and sign the permission slip and medical form attached and return it to the school, together with the payment, by the due date noted above. Signed permission slips must be returned by all students. If payment is made online permission slip is to be dropped in the box located in the office student foyer.

Should you have any enquiries or concerns regarding the camp/walk, please contact Mr McLennan via the school office.

Yours faithfully

Mr Mark McLennan
Outdoor Education Coordinator



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PERMISSION SLIP Year 9 Bushcraft Camp – Walk to Coolendel

Please return to the office by **Friday, 19 February 2016**

This form must be completed by a Parent or Guardian

I give permission for my son/daughter _____ to attend the Year 9 Bushcraft Camp and I understand the nature of the bushwalking venture from Grassy Gully to Yalwal Creek (Coolendel) **(Term 3 Week 9)**.

I understand the need to prepare carefully and train for this event. I acknowledge that the school is not responsible for any lost or damaged personal items.

I have read the note provided and understand the nature of the activities in which my child will be participating.

Parent/Carer Name: _____

Contact Number: _____

Parent/Care signature: _____

Date: _____

Any concerns please outline below:



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Dear Parent / Carer

TERM 4 - YEAR 9 BUSHCRAFT PRACTICAL CANOEING LESSONS AND ASSESSMENT

As a part of the Bushcraft course, in Term 4 your son/daughter will be studying canoeing as the practical topic for the term. Students will be involved in paddling on water activities during their double lessons on at least two occasions as well as a full day canoeing experience late in the Term.

Nature of the Canoeing activity:

Students will be paddling two person Canadian Canoes. They will be wearing personal flotation devices at all times. Mr McLennan and Ms Semmens are qualified canoe instructors. Students will be taught by Outdoor Education Practical Instructors in very small groups during some of the sessions as well. Students will be expected to practise a number of capsize and rescue drills in the water. We will be paddling as a group in the Shoalhaven River around the Nowra Bridge area as well as Bomaderry Creek area. We will be crossing the river and will be at times more than 200 meters from shore. Being salt water the areas may contain sea creatures such as jellyfish and possibly sharks. Canoeists are typically exposed to the elements, particularly the sun and cold depending upon the specific conditions present. A current may be present in the river during spring tides particularly during mid-tide along the Shoalhaven River. The full day practical assessment will occur on Flat Rock Dam. This is located in West Nowra and is fresh water.

Dates:

All practical canoeing sessions will be conducted during school time and will be scheduled between weeks 4 to week 9; weather permitting.

Transport:

Travel by bus departing and returning to St John's. Some students may be required to travel in a vehicle driven by a staff member.

Student equipment required:

Students will be expected to be dressed in sports uniform and be ready to change at the venues for canoeing. Swimmers will need to be worn underneath in this case as there are no change rooms at the venues. For canoeing, students must wear a hat, long sleeved shirt or rashie, shorts and footwear (that will get wet).

Students MUST NOT wear sports uniform for the practical. Water, lunch and sunscreen are also essential. The school is not responsible for any personal equipment being lost, stolen or damaged on this activity.

Cost: \$40 which will cover the cost of transport and the use of school paddling equipment.

Due Date: Payment for this excursion is to be received no later than **Friday, 19 February 2016**

Failure to meet the due date may jeopardize your student's participation in this excursion. In the event of financial difficulties, the student should see their teacher or subject coordinator. Parents may also contact the Principal's Secretary to discuss any difficulties.

Please fill out and sign the permission slip below and return it to the school, together with the payment, by the due date noted above. Signed permission slips must be returned by all students. If payment is made online permission slip is to be dropped in the box located in the office student foyer.

Please Note: *The school cannot be held responsible for students' property during an excursion.*

Yours faithfully

Mr McLennan & Ms Semmens

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PERMISSION SLIP

Year 9 Bushcraft

Term 4 – Bushcraft Practical Canoeing Lessons and Assessment

Please return to the office by **Friday, 19 February 2016**

This form must be completed by a Parent or Guardian

I give permission for my son/daughter _____ to attend the Year 9 Bushcraft Practical Canoeing Lessons and Assessment during Term 4 2016.

I give permission for staff to seek medical attending for my child in the event that the parent/caregiver cannot be contacted.

Parent/Carer Name: _____

Contact Number: _____

Parent/Care signature: _____

Date: _____

Any concerns please outline below:

Please tick payment method:

Payment enclosed

Online Payment
(attach receipt)

Credit Card: Visa/Mastercard
(complete details below)

EXCURSION CREDIT CARD PAYMENT SLIP *(Please complete payment details)*

St John the Evangelist Catholic High School

Excursion Payment: _____

Amount: \$ _____

Charge my Credit Card Type: Visa/Mastercard

CVV

Expiry Date

Card No:

/

Cardholder Name: _____

Signature: _____



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Medical & Safety Information

The following information is important for provision of care to your child whilst attending the activities. All information is held in confidence and will only be used in reference to this camp to assist us in case of any eventuality with your child. Any changes in medical information before the actual date of the excursion should be passed on immediately to the school.

This form must be completed by a Parent or Guardian

General Information

Student's Full Name: _____

Parent's / Guardian's Name: _____

Home Address: _____

Home Phone: _____ Business Phone: _____

Emergency Contact Person: _____ Emergency Phone: _____

Family Doctor (Name and Phone number): _____

Medicare Number: _____

Health Fund: _____ Policy Number: _____

Medical Information:

Does your child suffer from any medical problem which may affect him/her during this camp?

Is your child currently taking any medications? Please give details.

Does your child have any allergies or an allergic reaction to any substance(s)? Please give details.

Does your child have any special dietary needs? Please give details.

My child is able to confidently swim (*Circle the most correct response*):

not at all less than 25 m 50m 200m more than 200m

I understand that I may need to be responsible for the cost involved in providing medical care in case of injury or illness. In the event of an emergency, and the teacher not being able to reach the Emergency Contact Person, I give permission for the supervising teacher to authorise medical aid.

Please note: the school is not responsible for the property or equipment of students.

Parent / Guardian Signature: _____ Date: _____

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