



Grade 8 Camp 2014 – Maria Island Monday 7th to Friday 11th April

Thursday, 6 March 2014

Dear Parent/Guardian,

This year's Grade Eight Camp will be held at Maria Island from Monday the 7th to Friday the 11th of April. The camp is designed to take advantage of the environment and history of Maria Island, to provide Outdoor Education activities, opportunities for examining personal spirituality and connection to the natural environment as well as the chance to get to know other students and staff on an informal basis.

The students will be in core classes for the activities which will offer them the chance to make new friends and strengthen bonds within their class, building a good team to go forward into the year and help strengthen their academic studies.

Accommodation & Activities:

The camp will involve 2 or 3 nights in tents and the remainder in the penitentiary accommodation at Darlington. All students should experience walking, sea kayaking, cycling and an orienteering treasure hunt. The activities are designed to be challenging but achievable for all students. Through undertaking these challenges students will gain an appreciation of their ability to work together and support each other, to persevere and complete the physical aspects of activities, as well as spend time enjoying a relaxing and fun time in the Tasmanian bush.

Whilst all of the activities we undertake on the camp are exciting and rewarding some do involve an element of risk. All the Outdoor Education instruction staff that we use are highly trained in the various outdoor activities as well as in Wilderness First Aid and are more than competent in dealing with any event that we may encounter. All risks are managed using a comprehensive risk management system. All efforts will be made to make every activity safe and enjoyable for the students.

Permission Slip/ Medical Form:

Included in this letter are the permission and medical forms for the camp both of which must be returned by Friday the 14th of March. Please also complete & return the asthma management form if it applies to your child. Please provide as much detail as possible when completing the medical information form to ensure we have all the relevant details required to look after your child during the week long camp.

A list of the various items students require for camp is attached. The following points should also be considered when preparing for camp:

Clothing:

Having good outdoor clothing and equipment makes for a more enjoyable time while in the bush but it is not necessary to spend a lot of money to purchase new equipment for this camp. The attached gear list will give you an idea of what is needed, but is only a guide – If your child brings good walking shoes or sneakers, a warm jumper and a decent rain jacket (not just a lightweight spray jacket) then they should have enough of the essential clothing.

A Gore-Tex or similar waterproof coat and waterproof pants are useful, but not essential – perhaps these could be borrowed from a friend or relative if the student doesn't own one already. A good rain jacket will be fine if this is all you have.

NO DENIM JEANS/SHORTS or COTTON HOODIES should be brought on camp. A cheap polar fleece jumper from Kmart or Target is much better as it will be warm if it is wet. Denim is very uncomfortable when it is wet and takes a long time to dry. Polar fleece and quick drying track type pants/ shorts are fine.

Packs:

Packs should weigh no more than 12 – 15 kilograms including food. This will make the overnight walk much easier for students. The ferry company also restricts luggage to one bag per student. If you have a backpack or can borrow one these are recommended. If you do not have a backpack bring a sports bag. The school has a limited number of packs that we can lend to students.

If you have a backpack or a tent please let Mr Conolan know. Tents will need to be brought to school at least a week before camp to check suitability.

Food & Menu Planning:

The students will need to cater for themselves for this camp – there will be classroom sessions leading up to the camp to provide the students with some suggestions about appropriate food. Important things to think about are; keeping packaging and waste to a minimum, bring food that is nutritional as well as lightweight and try to avoid foods that with perish quickly e.g.: fresh fruit – bananas, chicken, fresh meat. Attached is a suggested food plan to help plan the menu.

Students have been assigned to small groups within their core class to organise food menus and to determine who will bring which items of food. Parents are encouraged to support students in menu planning and buying food to ensure they bring appropriate healthy and nutritious food and enjoy their experience on camp.

The following is a list of items that should NOT be brought on camp:

- ~ No food in cans or glass jars
- ~ No raw meat, chicken or cooked/sliced meat (ham etc.) other than salami
- ~ No extra liquids such as milk or juice as they will get heavy (powdered milk only)

Important notes:

NO ELECTRONIC EQUIPMENT is to be taken on camp. There is no power in the camping areas. Any electronic devices that are brought on camp in error will be held by staff until the end of the camp.

When undertaking all the activities on the camp it is integral that all students are on their best behaviour and we reserve the right to refuse participation in any activity if we deem that a student's behaviour is unacceptable or dangerous. If this is the case the parent/guardian will be called to come and collect the student who is behaving inappropriately.

Return Times:

Core groups C and D will arrive back at school by 3pm and will be able to make their way home as usual.

Owing to the logistics of ferry travel back from the island, core groups A and B will arrive back at school between 6.30 and 7pm on Friday 11th April. If your child is in Core group A or B could you please make arrangements to pick them up from school from at this time.

Please let me know by email or a phone call to the school if you have any questions and concerns.

Craig Fullarton
Acting Quinlan House Head
Year 8 Coordinator



Matt Conolan
Outdoor Education Co-ordinator
Email: matt.conolan@shc.tas.edu.au

Grade 8 Camp 2014 - Permission Form

Please return this permission slip to your Tutor Teacher by
Friday the 14th of March 2014.

Student Name: _____

Core Group: _____ Tutor Group: _____

I have received the information regarding the Grade 8 Camp at Maria Island to be held during the 7th – 11th of April 2014 and confirm my child's attendance.

In the event of a medical emergency I give permission for my child to be attended to by either a Sacred Heart College Teacher or other qualified instructor or to be given medical or surgical attention deemed necessary by a medical practitioner.

I understand that while every effort will be made to contact me in an emergency, if contact is not possible, staff will deal with the situation in line with their duty of care. I also agree to meet any expenses incurred.

I acknowledge and agree that if my child behaves inappropriately or puts the safety of themselves or others at risk that I may be required to collect my child at my own expense.

Parent / Guardian (name): _____

Signature: _____

Contact Number: _____

Date: _____

Confidential Medical Information

The following information will ensure our staff are provided with all relevant information regarding your child for use in planning activities and in the unlikely event of a medical emergency. All information is held in confidence. Please ensure all information is current.

Student's full name: _____

Student's Address: _____

Date of birth: _____

Core Group: _____

Home Room: _____

Name of person to contact in an emergency:

Name: _____

Relationship to Student: _____

Contact Number: Business Hours _____

After Hours _____

Name of Family Doctor: _____

Address of family doctor: _____

Medicare Number: _____

Private Health Insurance: Fund Name: _____

Member number: _____

Note: Please be as detailed as possible when describing your child's medical issues/conditions. The more information we have the more we are able to help your child if needed. Please attach a separate sheet if more detail is required.

Please tick if your child suffers from any of the following:

Asthma (if ticked complete Asthma Management Plan) Dizzy Spells Heart Condition

Diabetes Migraine Sleepwalking Travel sickness Fits of any type (explain)

Sleepwalking Other: _____

Please elaborate if any box has been ticked:

Allergies, Food Intolerances, Dietary Requirements:

Please indicate if any of the following are applicable to your child:

- Allergic to penicillin or other drugs
- Food Allergies
- Vegetarian
- Other – please provide advice of any other allergies or dietary requirements

What are the symptoms of the known allergies? _____

What special care is recommended for these allergies? _____

Year of last tetanus immunization: _____ (Tetanus immunization is normally given at 5 years of age (as Triple Antigen or CDT) and at 15 years of age (as ADT))

Swimming ability Please tick the distance your child can swim comfortably.

- Cannot swim (0m) Weak swimmer (<50m) Fair swimmer (50 – 100m)
- Competent swimmer (100 – 200m) Strong Swimmer (200m+)

Medication

Is your child taking any medicine(s)? Yes No

If yes, please provide the name of medication, the dosage and describe when and how it is to be taken.

Other important information:

All medication must be given to the teacher in charge. Medication must be provided in the correct container (i.e. as dispensed or provided by the pharmacist). Containers must be labelled with your child's name, the dose to be taken as well as when and how it should be taken. The medications will be kept by the teacher in charge. Please inform the teacher in charge if it is necessary or appropriate for your child to carry their medication (for example, asthma puffers, insulin for diabetes or EpiPen for severe allergies). A child can only carry medication with the knowledge and approval of both the teacher in charge and yourself.

Asthma Management Form

The following confidential information is required to assist in the proper management of a child's asthma, if such help is needed. Please complete and attach to the Medical Consent form. Further information is available from the Asthma Foundation www.asthma.org.au.

Student's name:

Usual signs of asthma: Wheezing Chest tightness Coughing Difficulty breathing
 Difficulty speaking Other please specify.

When completing this form please seek the advice of the asthmatic's doctor if necessary.

1. Usual maintenance regime or medical program followed:

Name of Medication	Method (e.g. Puffer & spacer, turbo haler)
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When and how much?

Does the child require assistance to take their medication? Yes No

2. Peak flow readings: BestCritical(bring own peak flow meter)

3. Signs of worsening asthma: Wheezing Chest tightness Coughing Difficulty breathing Difficulty speaking Other:

Medication and treatment to be used during worsening asthma:

4. Medication and treatment to be used during crisis situations:

See Asthma First Aid Plan attached on page 2.

5. List any known asthma trigger factor(s):

6. Has the person been admitted to hospital due to asthma in the past 12 months? Yes No

7. Has the person been on oral cortisone for asthma within the past 12 months? (E.g. Prednisolone, Cortisone, Betamethasone etc.)

Yes No

8. Has the person ever suffered sudden severe asthma attacks requiring hospitalisation?

Yes No

Important Notes

If you have answered “yes” to questions 6, 7, or 8 then the decision for the person to participate rests with the child’s doctor. The process in such situations is as follows:

- the person's doctor or parents/guardians (if a student) may contact the school Principal for further information on the program and support available;
- a letter from the student's doctor, stating the doctor's decision must accompany this form.

I declare that the information provided on this form is complete and correct.

Name _____ of _____ Parent/Guardian:

Signed: _____

Date: _____

SUGGESTED EQUIPMENT AND CLOTHING LISTS for Grade 8 Camp:

REMEMBER COLD CLAMMY COTTON CAN'T COME CAMPING!!

YOU need to supply the following:

You will need all your food for the 5 days – In groups of 3 -4 or individually if you prefer.

And LIGHTWEIGHT snacks for 5 days!!

Check	QUANTITY	ITEM
	1	Overnight backpack at least 70 litres (can be provided by school – if so bring all gear in sports bag)
	1	Waterproof Jacket - needs to be of good quality not just a light spray jacket.
	2	Large thick plastic bags for lining the backpack.
	1	Pair of good quality walking boots or good comfortable sneakers
	1	Sleeping bag
	1	Mug, Plate, Bowl (plastic or similar so it doesn't break in your backpack and is not too heavy)
	1	Knife, Fork, Spoon (plastic or similar)
	2	1 litre Water bottle (screw top lid) you need the capacity to carry at least 2 litres of water
	1	Reliable light weight head torch and spare batteries
	1	Toilet paper (bring ½ a roll to safe space and water proof it)
	2	Chux (type) cleaner & steel wool scourer and tea towel
	1	Toiletries (toothbrush, toothpaste, biodegradable soap)
	1	Sunglasses
	1	Sunscreen (essential)
	1	High energy snacks
	1	Personal First Aid Kit
	1	Wool or polar fleece jumpers – please try and avoid Cotton jumpers or hoodies
	1	Thin woollen polar fleece jumper or skivvy
	2	Lightweight warm Long sleeved shirt
	2	Board shorts or swimmers for swimming
	1 or 2	T-shirts
	2 pair	Polypropylene Thermal underwear Top and bottom ESSENTIAL - DO NOT BRING COTTON.
	2 or 3 pair	Synthetic Track pants or warm pants (NO DENIM or similar) PLEASE <u>DON'T</u> bring denim jeans or shorts!
	3 or 4 pair	Wool or Explorer socks ESSENTIAL
	1 pair	Thick gloves ESSENTIAL
	1	Beanie ESSENTIAL
	1	Sunhat (preferably full round brim) (essential)
	1 pair	Shoes, old runners/volleys (you will need a spare pair of shoes that can get wet for kayaking).

The following items will be supplied by the COLLEGE:

QUANTITY	ITEM
1	Backpack
2 - 3 person	Tent
1	Sleeping mat
1 per 2 or 3	Stove and fuel (to share in groups of 2 - 3)

Suggested Lightweight Camping Food

This is given as suggestion only.

Things to Consider:

You will need to keep the food as lightweight as possible – Avoid tins and glass jars, they are heavy and glass can break in your bag (please DONT BRING TINS or GLASS JARS!!) and packages with lots of liquid.

If you can buy dehydrated food or dehydrate your own food you will save heaps of weight.

You will need to make sure your food is of a high nutritional value to sustain your energy throughout the walk – you should also have some high energy snacks such as Dried fruit & Chocolate mix (Scroggin)

Minimise your packaging – the rubbish you take out you will need to bring back i.e. NO TINS
For Items like Milo, sugar, any powders or even pasta it is a good idea to repack them in a snap lock glad bag as this minimises bulky packaging and the bags can be used for rubbish once they are empty.

Dehydrated food can be sourced from Strive Food or any of the outdoor stores in and around Hobart. Orders from Strive Food can be made online. Details can be found at this website: www.strivefood.com.au/

There are some great ideas for Bushwalking food on this web link:

<http://www.armidalebushwalkers.org/PDF/ThompsonsBushwalkingRecipes.pdf>

Suggested 5 day Menu.

	Breakfast	Lunch	Dinner	Snacks
Day 1	At Home	Flat bread Cheese Salami, avocado Carrots, Vegemite Salad	Strive Dehydrated Meals OR Pasta Sachets of Tomato paste. Broccoli, Zucchini, Carrots	Muesli bars Chocolate Scroggin (mixed chocolate & Dried fruit) Milo
Day 2	Muesli or cereal Powdered Milk ** Dried Fruit. ** Liquid Milk in a carton or even the small boxes gets heavy and is not appropriate.	Flat bread Cheese Salami, Avocado Carrots, Vegemite	Strive Dehydrated Meals OR Cous Cous and Vegies Stock powder Carrots, Broccoli, Zucchini	Muesli bars Chocolate Scroggin (mixed chocolate & Dried fruit) Milo
Day 3	Muesli or cereal Powdered Milk Dried Fruit.	Flat bread Cheese, Salami Avocado, Carrots	Strive Dehydrated Meals OR Instant Pasta meal	Muesli bars Chocolate Scroggin (mixed chocolate & Dried fruit) Milo
Day 4	Muesli or cereal Powdered Milk Dried Fruit.	Vita weets, Vegemite + Cheese Muesli Bars	Strive Dehydrated Meals OR Coconut Curry Coconut milk Powder Lentils, Potato, Onion, Cauliflower, Curry Powder.	Muesli bars Chocolate Scroggin (mixed chocolate & Dried fruit) Milo
Day 5	Muesli or cereal Powdered Milk Dried Fruit.	Vita weets, Vegemite + Cheese muesli Bars	At Home	