Stage 3 Overnight Excursion

Point Wolstoncroft Sport and Recreation Centre, Wednesday 15 July 2015 – Friday 17 July 2015

Dear parents/caregivers,

Point Wolstoncroft Sport and Recreation Centre is a long established school camp which provides an outstanding range of outdoor activities for primary aged students using state-of-the-art sporting facilities.

DATES: Stage 3 students have the opportunity to attend the centre during Term 3 Week 1 from Wednesday 15 July through to Friday 17 July 2015.

COST: The cost of the overnight excursion will be $275 per child. This includes all transport, accommodation, activities and meals. To ensure a place, the permission note and a non-refundable deposit of $75 will be required before 27 February 2015. No arrangements for student participation will be made after this deadline.

All payments MUST be completed prior to Monday 15 June 2015.

TRAVEL: Transport will be by chartered coach (with seatbelts), departing Minchinbury at 8.30am Wednesday 15 July and returning at approximately 3pm Friday 17 July 2015.

ACCOMODATION: Dormitory style with bunk beds

SUPERVISION: Trained Department of Education Sporting and Recreation personnel in addition to Minchinbury PS Staff.

Whilst it is expected that most Stage 3 students will participate in the overnight excursion, attendance is viewed as a privilege and is subject to our school’s discipline policy. In addition, Point Wolstoncroft Centre requires students to adhere to specific behaviour guidelines during their stay.

Further information is attached. Feel free to contact Mr Neale or your child’s classroom teacher if required. Online information is available from the following address http://dwr.nsw.gov.au/assets/pubs/oeo/Parent_Information_Pack.pdf

Please complete the attached permission note and return to the school office with a $75 deposit before 27 February 2015.

Mr J Neale  
Excursion Coordinator

Mr S Holstein  
Stage 3 Supervisor

Miss R Webster  
Principal

Minchinbury Public School – Stage 3 Overnight Excursion

PERMISSION NOTE

I give permission for my child ___________________________ of class ___________________________ to attend the Overnight Excursion at Point Wolstoncroft Sport and Recreation Centre from Wednesday 15 July 2015 to Friday 17 July 2015. I understand that travel will be by coach.

I have enclosed a non-refundable deposit of $75 and understand the total cost of the excursion to be $275 per child, to be finalised prior to Monday 15 June 2015.

Parent/caregivers name: ___________________________  
Signed: ___________________________________  Date: ___________________________
General Information for parents- Stage 3 Camp

Point Wolstoncroft

Getting ready for camp

New skills, new friends and new experiences – school camp should be an exciting adventure. This information has been designed to help you prepare your child (and you) for a stress-free and enjoyable camp experience.

We have tried to cover all the questions you might have, but if you have a specific query that is not covered here please contact Mr Neale or your classroom teacher via the school office. Alternatively, you can call the camp direct on 13 13 02 or visit www.dsr.nsw.gov.au

Packing checklist:

A packing check list will be provided closer to the excursion. All items are common and most children will already possess the required clothing and linen. Please label EVERYTHING with your child’s name.

Optional: Camera, souvenir money ($20).

What NOT to bring to camp:

- Aerosol cans (e.g. spray on deodorant or insect repellent)
- Thongs, or slippers (these cannot be worn around the Centre or on activities)
- Technology – Tablets, Radios, MP3 players, Computer/video games, Mobile phones etc. I know this will stress many children and parents but this is a rule of the centre which we must adhere to.
- Jewellery
- Anything valuable.

Luggage

One travelling case/bag and a sleeping bag is allowed per child and should be clearly marked with your child’s name, address and phone number. Remember, your child will have to carry their luggage, so make sure it’s not too big or too heavy.

As it is a relatively short trip, and items needed on the coach can be packed in a smaller, light bag.

Medical information

An online form will need to be completed by parents/caregivers prior to the excursion. A weblink will be provided at the start of June. The information you provide on the medical and consent form helps us to look after your child’s health needs. If your child has an injury, pre-existing condition, special dietary needs, allergies or is on prescription medicines, please provide full details.

Your child must bring enough medication for the duration of their stay. All medicines are to be in original packaging and clearly marked with your child’s name, together with instructions on the prescribed dosage and frequency. You should discuss this in person with your child’s teacher, who will be responsible for making sure your child takes their medication.

Bed wetting

If your child is prone to bed wetting, please let the school know beforehand, so staff can deal with the situation in a discreet and caring manner. Laundry facilities are available, please provide a waterproof mattress protector if required.
Asthma and/or anaphylaxis

If your child has asthma and/or is at risk of anaphylaxis, we will already have an asthma and/or anaphylaxis management plan so 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.

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.

Accommodation

Students will stay in comfortable lodges which sleep four to eight students per room. Male and female students are accommodated in separate rooms. A teacher from our school will stay in a separate room in the lodge or in a bungalow next to the lodge and will be responsible for student safety and behaviour overnight.

Meals

Nutritious meals are prepared by qualified catering staff in a commercial kitchen, so your child will never go hungry. If your child has any special dietary requirements or food allergies, it is very important that these are listed on the medical and consent form. You might also like to mention these needs to your child’s teacher before camp. Special diets are provided for medical conditions, religious beliefs and lifestyle choices.

Behaviour

For everyone’s enjoyment of the camp, we expect a high standard of behaviour. Camp rules will be explained to students on arrival. Children who persistently ignore reasonable requests or engage in unacceptable behaviour may be removed from the Centre. If this happens, we will phone you or your nominated contact person to make arrangements for your child to be taken home.

Outdoor safety

Every effort is made to ensure your child’s safety and comfort while at camp. Our sunsafe policy promotes wearing broad-brimmed hats and sunscreen. We also alter programs to minimise sun exposure during the hottest part of the day.

Camp contact details

Point Wolstoncroft is on the foreshore of Lake Macquarie, about an hour’s drive north of Sydney and a 45 minute drive south of Newcastle.

Children are not encouraged to phone home during their overnight excursion stay. This overnight excursion is an opportunity for them to experience a level of independence.

Accidents or emergencies

In case of emergencies, parents can contact the camp indirectly via the school office, in school hours, or directly on (02) 4976 1666 from 8.30am to 5pm, Monday to Friday.

You will be contacted if medical conditions or other serious issues arise. Sick or injured campers are usually taken to Gwandalan Medical Centre or to Wyong or Belmont Hospitals after hours for assessment by a doctor if necessary.