



# ST THOMAS MORE'S PRIMARY SCHOOL

24 White Cres, Campbell, ACT 2612 | PO Box 36  
02 6249 8869 | [office.stmore@cg.catholic.edu.au](mailto:office.stmore@cg.catholic.edu.au)

*Centred in faith and learning | Inspiring minds | Nurturing hearts*

Monday 10<sup>th</sup> February 2020

## Year 5/6 School Camp 2020

Dear Parents,

This year our school camp will be occurring in Week 9, Term 1. The students and teachers are looking forward to 3 fantastic days at the **Warrambui Retreat and Conference Centre**. The children will be participating in a 3-day, 2-night camp from **Wednesday 1<sup>st</sup> April** to **Friday 3<sup>rd</sup> April, 2020**. The school camp will provide the children with many wonderful experiences that focus on leadership, interpersonal skills and personal challenges.

The cost of the camp will be included in your school fees. It will be invoiced in four instalments in Terms 1, 2, 3 and 4 fees. This covers the cost of accommodation, meals, bus hire and additional course supplies.

Please find the following forms enclosed; an Activity Overview/Parent Consent Form, an Overall Camp Participation Consent form, and a What to Bring List. Please detach and sign the last 3 pages and return them to school by **Friday 6<sup>th</sup> March** as we must notify Warrambui Retreat and Conference Centre of any special dietary & Medical needs ASAP.

The medical and dietary consent form must be completed online. The link to the Google Form will be sent via email. This information must be completed before March 6.

Yours sincerely,

Kristy Poole & Christine Washington  
Year 5/6 Classroom Teachers





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## Summary of Camp Details

In preparation for camp, please read the following information very carefully and return the required medical and all consent forms by **Friday 6<sup>th</sup> March**.

**Camp Dates:** Wednesday 1<sup>st</sup> April – Friday 3<sup>rd</sup> April, 2020.

**Departure Time:** 9:30 am Wednesday 1<sup>st</sup> April. The bus will depart from the STM Car Park.

**Return Time:** 2:30 pm Friday 3<sup>rd</sup> April.

**What to Bring:** See packing list

**Medical & Consent Forms:** All parents/ guardians will need to complete this form on behalf of their child.

**Supervising Staff:** Mrs Kristy Poole and Mrs Christine Washington

**Cabin Arrangements:** This will be completed upon arrival at camp.

Please do **NOT** bring jewellery, iPods/MP3 players, electronic games, food or drinks (including sweets, soft drinks or chocolate). Mobile phones are able to be brought for camera purposes **ONLY**. Teachers and Jindabyne staff will take no responsibility for any damage or loss of valuable items.

**Please provide a healthy snack for your child on Wednesday 1<sup>st</sup> April.**





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## Prior to Camp

It is important to prepare your child for the experience of being away from their immediate family for a few days. It would be beneficial to talk to your child about any anxiety they may feel and to discuss various strategies they could use in the event of feeling homesick. Camp should be a positive experience so please prepare your child accordingly.

Here are some helpful tips;

- Involve the children in the decision to spend time away from home, so that children have a sense of control.
- Tell your child/ren that a little homesickness is normal, but that they can use strategies like sharing their feelings with other people and thinking about all the good things that camp or school is giving them, to help ease their worry.
- Arrange for a practice time away from home, such as an overnight stay with relatives.
- Before the separation, avoid comments that express anxiety or ambivalence about your child going away. Even "I hope you'll be okay" or "what will I do without you" can leave a child feeling worried that something bad might happen to them or their parents and make them preoccupied with thoughts of home.
- Use a calendar to show exactly the amount of time a child will be away.
- Predictability and perspective on the length of separation is important whenever possible. Don't make a "pick up plan" or a deal with a child to bring them home if they don't like the experience of being away. This undermines the child's sense that their parents have confidence in their ability to be on their own and set an expectation that they won't like the new experience.
- Above all, know whether your child is ready for separation. If you're not sure, ask their doctor – but not while the child can hear the conversation.





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## WHAT TO BRING TO CAMP

The following is a guide to help you pack for camp.

Note: You are responsible for your own luggage. The teachers **WILL NOT** carry your bags for you. All your things should be contained in one bag with your sleeping bag attached that you can carry without assistance. Please ensure you have enough clothes for 3 days and 2 nights.

Your clothes must be appropriate for physical activities and changing weather conditions.

**NO** - singlets, mini-shorts, leggings without appropriate coverage, clothing with inappropriate graphics.

**DO NOT PACK** any valuables! Staff will take no responsibility for any damage or loss of property.

### **LIST: (tick when packed)**

#### **Clothing:**

- Underwear
- Socks
- T-Shirts
- Shorts
- Comfortable long pants
- Jumper
- Pyjamas
- Wide-brimmed Hat
- Enclosed lace-up shoes

#### **Toiletries:**

- Sunscreen
- Bathroom towel
- Toothbrush and paste
- Hairbrush
- Deodorant (roll-on or pump,  
**NO aerosol**)

#### **Bedding:**

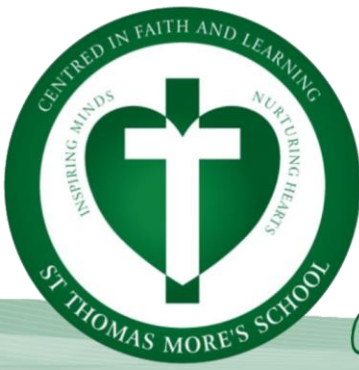
- Pillow
- Sleeping bag

#### **Other:**

- Morning tea for day 1
- Water bottle
- Day pack/ Small Backpack for activities
- 2 non-leak plastic bags for dirty/wet clothes
- Medication** in a clearly labelled zip lock bag with name and instructions







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## **Year 5/6 Camp: Permission Note** **1st - 3rd April, 2020** **Warrambui Retreat and Conference Centre**

*Please complete and return this with the attached consent forms and medical forms by  
Friday 6<sup>th</sup> March, 2020*

I, \_\_\_\_\_ hereby give permission for my child, \_\_\_\_\_,  
to attend the STM Year 5/6 school camp at Warrambui Retreat and Conference Centre, NSW,  
travelling by **COACH**. I give permission for him/her to take part in any visits or activities  
arranged and mentioned in the itinerary.

In the event of any accident or illness, I authorise the obtaining on my behalf of such medical  
assistance as my child may require. I also undertake to pay medical fees and/or cost of  
medications which may be incurred.

Special Conditions or Requirements (for complex medical needs, please attach detailed  
information)

I have completed the online Medical Consent Google Form. YES / NO (Please circle).

1. Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent/ Guardian)

2. Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent/ Guardian)





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## Year 5/6 Camp: Activity Overview & Parent Consent

Below is a list of each activity that we will be participating in at camp. Please read this carefully and then sign the consent form at the bottom if you agree to your child's participation. Please be aware that each activity is run by highly qualified camp instructors and will be carefully supervised by accompanying adults.

### Outdoor Activities:

- Archery
- Initiatives
- Orienteering
- Frisbee Golf
- Bush Walk
- Camp Fire\*\* (dependant on weather conditions and fire danger)

I give permission for my child \_\_\_\_\_ to participate in the activities described above.

Name of Parent/Guardian: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_





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## Overall Camp Participation Consent

**1<sup>st</sup> – 3<sup>rd</sup> April 2020**

### **Warrambui Retreat and Conference Centre**

I, hereby consent to my child: \_\_\_\_\_ participating in the excursion described above and to participate in any of the activities included (except those I have listed on this permission note) on the terms and conditions following: **Please initial each condition to show you have read, understood and accepted each condition.**

1. I/We recognise that there is an element of risk involved with outdoor activities. \_\_\_\_\_ (Initial)
2. My child understands that all instructions by the establishment's staff must be observed if participating in any activity. \_\_\_\_\_ (Initial)
3. My child understands that they have a responsibility to behave sensibly and follow the instructions given by the Teacher and /or Instructor. \_\_\_\_\_ (Initial)
4. I/We understand that all accidents or injury to persons must be reported to the establishment before leaving the establishment. \_\_\_\_\_ (Initial)
5. I/We have read all of the information and documentation for the camp and understand what the excursion involves, the risks involved, and what I need to send with my child on the excursion. \_\_\_\_\_ (Initial)
6. In the event of any accident or illness, I/We authorise the obtaining on my behalf of such medical assistance as my child may require. I also undertake to pay medical fees and/or costs of medications which may be incurred. \_\_\_\_\_ (Initial)
7. In the event that my child experiences significant difficulty with settling to sleep in his/her cabin, I understand that I would need to come and collect him/her. Due to Child Protection legislation, students are not permitted, under any circumstances, to sleep in teacher's cabins. \_\_\_\_\_ (Initial)

Any special conditions or requirements for activities that teachers and supervising adults should be aware of;

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.....

Name of Parent/ Guardian 1: \_\_\_\_\_ Signed \_\_\_\_\_ Date: \_\_\_\_\_

Name of Parent/ Guardian 2: \_\_\_\_\_ Signed \_\_\_\_\_ Date: \_\_\_\_\_

