

CHESTER HILL PUBLIC SCHOOL

Quality education in a caring learning environment

Address: Proctor Parade Chester Hill 2162
Email: chesterhil-p.school@det.nsw.edu.au

Phone: 9644 1286 9644 1251 Fax: 9743 8094
Web: www.chesterhil-p.schools.nsw.edu.au



Stage 3 Camp 2023

Dear Parents/Carers,

Our three-day camp to the **Great Aussie Bush Camp in Lake Macquarie** will take place from **Wednesday 2nd - Friday 4th August, 2023 (Term 3, Week 3)**. This excursion is a fantastic opportunity for students to participate in a variety of fun and challenging outdoor recreation activities to develop their confidence and resilience.

Attached is a checklist of things students will need to bring to camp. Please look over it now, to ensure that you have everything your child will need. Please note that all students will need to bring their own pillow and sleeping bag.

A medical form is also included. Please read it carefully and complete it honestly, as this will enable supervising teachers and camp staff to provide the best care for our students. All information will be treated with confidentiality. **Medical forms must be returned to school by Friday 21st July.**

Please note that any remaining **money must also be paid by Friday 21st July.** Payments can be made at the school office or online via the school's website. Please enter 'Stage 3 Camp' in the payment description under Excursions. The last day for online payments is also Friday 21st July 2023. In cases of financial difficulty, it may be possible to receive student assistance. Please contact the office to make an appointment with Mr Condon.

Please remember that attendance on this overnight three-day camp is dependent upon good behaviour at school. Students on behaviour levels may not be eligible to attend.

This excursion has the approval of the Principal.

Sarah Alexander and Salam Hbous
Assistant Principals (Stage 3)

Lance Condon
Principal

Stage 3 Camp - What to Pack:

Following is a list of requirements for your child for this 3 day excursion. As children are required to carry their own luggage from the bus to the accommodation, please use lightweight suitcases and/or luggage with wheels. It is a good idea for students to pack their own bags so that they can re pack for the trip home. Children will require a small backpack to carry on the bus and use each day at camp. Keep in mind, the weather is likely to be cold.

Please label all clothing and belongings and DO NOT LOCK SUITCASES.

Clothing

- 1 pair pyjamas (tracksuit in winter)
- 3 T-shirts (no singlets / tank tops / midriff tops - for safety on activities)
- 3 pairs of shorts (NO MINI SHORTS - for safety on activities)
- 2 pairs of track pants
- 2 jumpers
- Coat/parka with a hood
- 4 sets of underwear
- 4 pairs socks
- 2 pairs of runners (1 old pair for water activities or use if the area is muddy).
- Raincoat (regardless of forecast)
- Plastic bag for dirty clothing!
- Plastic bag for wet clothes / towel



Other Essentials

- Plastic cup (used for morning/afternoon tea and supper)
- Sleeping bag (extra blanket in winter)
- Pillow
- Torch (make sure it has fresh batteries and works before you leave home)

Toiletries

- Deodorant (no spray cans)
- Soap in a container
- Shower cap (if required)
- Bath towel
- Hair brush/comb
- Thongs/shower shoes
- Face cloth (optional)
- Toothpaste and toothbrush
- Sunscreen SPF30+

Backpack for Bus

- Refillable water bottle (to use at camp each day)
- Tissues
- Hat
- Hand sanitiser
- Chap stick/lip balm
- Insect repellent
- A spare change of clothes (in case of travel sickness)

Optional items - money for souvenirs.

Things students are NOT allowed to take

NO MOBILE PHONES, IPADS, IPODS, GAMES or ANY OTHER ELECTRONIC DEVICES

- NO hair dryer
- NO unnecessary jewellery
- NO umbrellas
- NO shampoo/conditioner
- NO padlocks on bags
- NO junk food or additional snacks – food is not to be consumed in students' rooms. This is a camp rule as it attracts wildlife.

Camp Guidelines and Rules

Dear Parents/Carers,

We ask that you read the camp guidelines carefully. In order to maintain the safety and enjoyment of all people involved, any student who breaches these guidelines may have their parents/carers contacted and asked to be collected from camp.

Students should be aware of these Guidelines:

- Never leave camp or an activity without permission.
- All activities must be supervised by a teacher and instructor.
- Listen to and follow instructor's guidelines especially in regards to COVID-19 procedures.
- Closed in shoes and hats should be worn at all times.
- Respect male & female areas; enter no room other than your own.
- Respect the natural environment, use bins provided, don't damage the bush.
- No pocket knives, glass, valuables, electronic equipment, or mobile phones are to be brought to camp.
- Do not approach, or attempt to pat the wildlife.
- All accidents / damage to equipment must be reported.
- Wilful damage will be paid for by the individual(s) responsible.
- Do not eat or drink in cabins or dorms.
- No chewing gum to be brought to camp.
- Respect others after lights out. There should be no need to leave your cabin or dorm after lights out.
- Each group is responsible for the ongoing cleanliness of their room.
- To avoid accidents please do not run around campsite areas.
- Students who do not follow behaviour expectations may be given a 5 minute time out to reflect on their behaviour. Allocating extra duties or taking away free time may also be used as behaviour management strategies.
- We may exclude students whose behaviour could result in serious danger or distress to themselves or others. In extreme cases, after consultation with teachers, the parents / guardians may be contacted and the student/s will be sent home.

Asthma

It is vital that parents / guardians of children who suffer from Asthma provide sufficient information or an Asthma Management Plan. This will enable team members / teachers to take appropriate action in the event of an Asthma attack. Students must also bring their Asthma medication with them to camp.

Teachers will dispense any medication as required.

Camp team members have First Aid and Resuscitation certificates, as do school staff.

There is an onsite First Aid Room. For any accidents / sick students we have a Doctor in Morisset (5 minutes), nearest Hospital is Wyong Public Hospital (26 minutes) and nearest Ambulance Station Morisset (6 minutes).

Management,
The Great Aussie Bush Camp



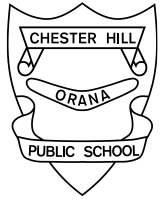
In addition to this, Chester Hill Public School expects students demonstrate our school expectations of being safe, respectful, active learners and to follow the instructions of both school and camp staff at all times during the excursion.

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Travel Sickness

If your child suffers from travel sickness, they will need to take a travel sickness tablet on the morning of the trip. Medication for the return trip will need to be given to the accompanying teachers with the signed permission note (below) outlining the dosage. All medication should be clearly marked with child's name, dosage and times required.

If you have any questions please do not hesitate to ask your child's teacher.

Sarah Alexander and Salam Hbous
Assistant Principals (Stage 3)

Lance Condon
Principal

Travel Sickness Medication

Medication name: _____

Dosage: _____

Time to be given: _____

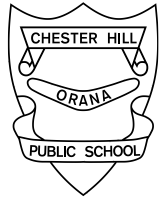
Parent/Guardian Signature _____ Date: __ / __ / __

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Stage 3 Camp - Medical Information

Medical Form – Child

Name of School: Chester Hill Public School

School year: _____

Student Details:

Surname: _____ Given Names: _____

Address: _____

Postcode: _____ Date of Birth: ___/___/___ Male Female

Parent/Guardian Details:

Please Tick : Mother/Guardian Father/Guardian Other Contact

Full name of Parent/Guardian: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Medicare Number: _____ Expiry Date: ___/___/___

Student Name on Card: _____

Patient Number on card: _____

Ambulance Cover: Yes No

Private Health Fund Name: _____ Health Fund member number: _____

Is your child in good health?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Does your child require regular medication? <i>If yes, please give details on the following page.</i>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Does your child suffer from any Chronic Illness/Injury? <i>If yes, please specify?</i>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Does your child have any allergies? <i>If yes, please specify?</i>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Does your child suffer from Asthma?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Does your child suffer from travel sickness?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Parent/Guardian Signature _____

Date: ___/___/___

Current Medication / Dietary Requirements

Name of School: Chester Hill Public School

Student Name: _____

Time and Dosage – Please specify exact time of medication

Medication Name	Breakfast		Lunch		Dinner		Other	
	Time	Dose	Time	Dose	Time	Dose	Time	Dose

Regulations require that all medication must be provided in the original container/ packaging. Teachers will collect & administer all medication.

Has your child suffered from any Acute Illness in the past four months? If yes, details.	Yes	No
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Has your child been treated by a doctor in the past four weeks? If yes, please attach a medical certificate outlining treatment, and stating that the child is fit to attend camp.	Yes	No
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Has your child had any major surgery? If yes, please specify.	Yes	No
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Is your child's Immunisation up to date, including tetanus? If yes, what year was the last booster given?	Yes	No
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Does your child wet the bed?	Yes	No
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Does your child sleep walk?	Yes	No
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Do you give permission for Panadol to be administered if required?	Yes	No
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Does your Child have any Dietary Requirements? If YES please specify: <i>NOTE: If your child requires Halal meals, please circle YES and write Halal.</i>	Yes	No
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