



# ST ALOYSIUS

## CATHOLIC COLLEGE

9th February 2017

Dear Parents/Guardians

### **GRADE 8 CAMP 2017**

Grade 8 camp this year is going to Fortescue Bay, which should be a rewarding experience for all students. The camp is from Wednesday 1st March till Friday 3rd March. Students will return for normal school bus time on Wednesday.

During their stay at Fortescue Bay the students will be participating in a range of activities including Mountain Biking, Bush Walking, Abseiling and Surfing. The camp activities are led by qualified instructors with appropriate certification. This year the students are staying in tents and are organising their camp groups as part of their pastoral care lessons. Groups can range from 2-5 people.

Students are encouraged to source Trangia cooking stoves and tents from friends or family. Fortescue Bay is a national park and cannot have any open flames allowed. The school can lend these devices but stocks are limited. Unfortunately other fuel sources are not permitted due to several incidents at school camps around Australia.

Students will need to provide all meals for the camp that includes 2 breakfasts, 3 lunches and 2 dinners. Students will be able to work together at school and in their tent groups to organise an appropriate menu and shopping list.

A list of suggested clothing, sleeping gear, cooking equipment and the meals that the students have to provide for themselves is attached. Staff will be working with the students at school to assist them with their preparation and will be providing guidance as to what is appropriate equipment to bring to camp.

Students are asked not to bring phones or other electronic devices as they will not be able to lock their valuables away whilst on activities. Staff will have mobile phones and can be contacted in the case of a family emergency.

Mr Peter Kay 0428 448 945

A permission and medical form is included so that you can notify us of important medical or diet issues. It would also be appreciated if the College could be notified as soon as possible of students who cannot attend the camp.

If you have any concerns about camp, please do not hesitate to contact the College.

(Mr) Peter Kay  
Camp Coordinator

(Mr) Joseph Sandric  
Co Principal

## Equipment list



### Clothing

- Waterproof coat
- Trackpants
- Shorts
- T shirt and long sleeve top
- Hat
- Socks x 3
- Bathers
- Towel
- Sandshoes
- Thongs/crocs
- Warm jumper
- Underwear
- Pyjamas
- Tent (shared)
- Sleeping bag
- Trangia (Cooking stove, shared)
- 1 Roll toilet paper
- Sunscreen
- Insect repellent
- Sunglasses
- Hair brush
- Tooth brush & paste
- Torch
- Beanie (optional)
- \*Camera - optional and at own risk
- Garbage bag to keep things dry
- Water bottles x 2
- Knife fork & spoon
- Bowl
- Plates
- Scourer
- 1 ball of steel wool.
- Tea towel x 2
- Playing cards, reading material (optional)
- Great attitude

## Menu Ideas



### Breakfast x 2 (Tuesday & Wednesday)

Cereal (long life milk), porridge, fruit, breakfast bars.

### Lunch and snacks x 3

Sandwiches, Wraps, Fruit, Muesli Bars, Sultanas, dates.

### Tea x 2



Continental Pasta and sauce mixes. Alfredo, Chicken Curry, Creamy Bacon Carbonara, 4 Cheeses, Stroganoff...

- ✓ Cheap, good variety, easy to make, delicious, disposable.
- ✗ Not the best nutritional value, can burn easily, no satiety.



Hot/Cold milo

- ✓ High energy, quick, big or small serve, warm body up.
- ✗ Serving sizes are not always followed!



Campbell's Chunky beef

- ✓ A hearty meal, sound nutrition value, easy to prepare.
- ✗ Bulky packaging, must be eaten in one serve.

- Pasta with salami, vegetables and packet sauce (Demonstration at school)

- ✓ Provide much needed energy over time, delicious.

- ✗ 2 min Noodles



- ✓ Quick, easy, delicious.

- ✗ Highly processed, not the best dietary fibre option.

**Parent / Caregiver Major Excursion Consent and Student Medical Information Form**
**Details**

<b>School</b>	St Aloysius Catholic College		
<b>Excursion</b>	Year 8 - Fortescue Bay		
<b>Date from</b>	Wed. March 1st	<b>Date to</b>	Friday March 3rd

I, \_\_\_\_\_ parent / guardian of \_\_\_\_\_  
(name of parent or guardian) (strike-out inapplicable) (name of student)

give my:

1. Permission for my child named above to attend the excursion described above, which I understand has been approved by the Principal,
2. Consent for my child to travel on or in any form of public or private transport where such transport is deemed by the College to be necessary or desirable for the safe conduct of the excursion,
3. Consent for my child to participate in all activities, outings, trips and functions arranged as part of this excursion,
4. Consent for the College, by its servants or agents:
  - to seek such medical or dental advice on behalf of my child as seen fit in the event of accident or illness, and
  - if, in the opinion of an attending medical or dental practitioner or medical officer (*'health practitioner'*) my child requires medical or dental attention or treatment (including but not limited to the administration of anaesthetic, blood transfusion or the performance of any surgical operation), to that *health practitioner* giving such attention or treatment

*provided that reasonable efforts are made to inform me of any serious injury or illness,*
5. Certification that the consent which I have given in paragraph 4 is valid at all times while my child is in the custody of the College while attending or participating in the excursion,
6. Certification that I understand that the College will take reasonable care (a supervisor with first aid qualifications will be in attendance) in the event of my child suffering accident or illness but that it will not be responsible for the costs of any medical or dental attention or treatment administered to my child in such event nor will it be directly responsible for any act or omission of any *health practitioner* attending or treating my child, and
7. Certification that if my child should bring or consume drugs, alcohol or cigarettes or otherwise exhibit behaviour that seriously endangers themselves or others, I will bear the full cost of return transport home for my child and any adult supervisor that may be required to ensure the safety of my child during that transport.

**Permission**

**Signature/s** \_\_\_\_\_ **Date** \_\_\_\_\_  
(Parent / Guardian)

Hhnd

Student's date of birth \_\_\_\_\_

Medicare no. \_\_\_\_\_ Position on card \_\_\_\_\_

Private health fund \_\_\_\_\_ Membership no. \_\_\_\_\_

Is your child in good health?  Yes  No

Does your child suffer any chronic illness?  Yes  No

Details \_\_\_\_\_

Does your child suffer any disability?  Yes  No

Details \_\_\_\_\_

Does your child suffer any allergy?  Yes  No

Details \_\_\_\_\_

Has your child suffered any acute illness in the past four months?  Yes  No

Details \_\_\_\_\_

Has your child been treated by a doctor in the past four weeks?  Yes  No

(If 'Yes' please attach a medical certificate outlining treatment and statement of your child's fitness to attend this excursion)

Has your child had any major surgery?  Yes  No

Details \_\_\_\_\_

Does your child need to take any form of medication on the trip?  Yes  No

Medication	Dosage	Frequency	Medical purpose
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

This medication is to be kept on the excursion by:  my child (secondary student)  nominated staff member (primary student)

Do you give permission for Panadol to be administered if needed?  Yes  No

Has your child had a Diphtheria Tetanus Toxoid booster injection?  Yes  No

Year of booster injection \_\_\_\_\_

Medical Information

Diet

Does your child have any special dietary requirements?

Yes  No

Details

.....  
.....  
.....

Emergency

Contact details in case of accident or illness:

Name

.....

Relationship to student

.....

Phone (home)

.....

Phone (work)

.....

Phone (mobile)

.....

Name

.....

Relationship to student

.....

Phone (home)

.....

Phone (work)

.....

Phone (mobile)

.....

Autiv

I understand that the information I provide on this form will be handled in accordance with the *Privacy Act 1998*.

Signature/s

(Parent / Guardian)

.....

Date

.....