



Sydney Academy of Sports and Recreation Camp

****Amended****

Thursday 5th April

Dear Parents and Carers,

This year's camp will be held in Term 3, Week 4, from Wednesday 15th August to Friday 17th August. It will be held at Sydney Academy of Sports and Recreation, Narrabeen.

The total price of the two day program is \$270 per student. This includes all meals, transport and accommodation.

Payment for the camp may be made as a lump sum or instalments over the coming months. However we do request a \$70 deposit that will guarantee your child a place. Payment should be finalised one week before the camp by Wednesday 8th of August.

The following pages contain forms for you to fill in and return to your class teacher and also provide detailed information about the camp to assist with preparation. This information includes:

- Excursion Details
- Information for Parents (from the school)
- Medical and Consent Form need to be completed online by Monday the 6th of August 2018
<https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform>
- Information for Parents (from Sydney Academy of Sports and Recreation Centre)

Families who are experiencing financial difficulties and require some assistance please come and see the Principal, Ms Ruth Bradfield-Ling.

If you have any other queries concerning the camp, please contact your class teacher.

Regards

Jo Mulligan, Cathy Criniti, Shaun Evans, Ms Caroline Collins and Mrs Whitfield
Stage 3 Teachers



Sydney Academy of Sports and Recreation Camp

Excursion Details

Wednesday 15th of August to Friday 17th of August

- What:** 3 day tour / 2 nights Sydney Academy of Sport and Recreation Centre - outdoor education based learning and teaching
- When:** DEPART: 7:00am on Wednesday 15th of August
RETURN: by 3:30pm on Friday 17th of August
- Who:** Stage 3 Students
- Teachers:** Ms Mulligan, Mr Evans, Ms Collins, Mrs Criniti, and Mrs Whitfield
- Location:** Sydney Academy of Sports and Recreation Centre
Wakehurst Parkway
Narrabeen NSW 2101

Tel: (02) 9454 0222
- Transport:** Moore's Tours Coaches
- First aid:** TBC
(Please give medicine to your class teacher on morning of departure)
- Contact number:** TBC
- Payment:** Total Payment: \$270

<u>Instalment/ Amount</u>	<u>Due by</u>
Deposit \$70	Week 1, Term 2 (4 th May)
2nd Instalment \$100	Week 10, Term 2 (6 th July)
Final payment \$100	Week 3, Term 3 (8 th August)

Parent Online Payments (POP) Options

- To access online payments-go to <http://www.marrickviw-p.schools.nsw.edu.au/>
- Then select \$ Make a payment
- Please complete fields with an asterix
- Select –**Excursion** - from the **Payment Options** section,
- Payment Description1 – **Camp**

- What to wear:** Casual clothes
- What to pack:** See 'Information for Parents'
- Remember:** All meals and snacks are provided

Sydney Academy Sports and Recreation Camp Details

MARRICKVILLE WEST PRIMARY SCHOOL

Beauchamp St Marrickville 2204 | Ph: 9558 1137 Fax: 9559 5961

Email: marrickviw-p.school@det.nsw.edu.au | Website: marrickviw-p.schools.nsw.edu.au

What to Pack - Students

MEDICATION NEEDS TO BE GIVEN TO THE ORGANISING TEACHER

Luggage

One piece of luggage, a sleeping bag and a small day backpack is recommended per child. These should be clearly marked with your child's name, address and phone number.

Remember, your child will have to carry their luggage so it's good to make sure it's not too big or too heavy. Items needed on the trip should be packed in the backpack.

It is a good idea for students to pack their own bags so that they can re pack for the trip home.

Checklist

Please label all clothing, towels and sleeping bag with your child's name.

<ul style="list-style-type: none">➤ Shorts and t-shirts (no singlets, sleeveless or midriff tops)➤ Jeans➤ Jumpers and tracksuit pants➤ Socks and underwear➤ Raincoat➤ Warm jacket (winter only)➤ Pyjamas➤ Swimming costume and rashie shirt➤ Sunscreen, sun hat and sunglasses➤ Handkerchief or tissues➤ Water bottle	<ul style="list-style-type: none">➤ Two pairs of running shoes (one old pair to wear in the water)➤ Toiletries, soap, lip balm and insect repellent (no aerosols)➤ Two towels➤ Pillow, sleeping bag or doona and two single flat sheets➤ Day backpack➤ Paper, pens or pencils➤ Plastic bags for dirty or wet clothes➤ Medication (if required)
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Optional

- Camera
- Up to \$30 for souvenirs

What not to bring

- Aerosol cans (i.e. spray-on deodorant or insect repellent)
- Mobile phones and other electronic devices
- Lollies or chewing gum
- Jewellery
- Anything valuable (Sport and Recreation takes no responsibility for the loss or damage to a client's personal property, including money or other valuable items)

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Sydney Academy of Sports and Recreation Camp

Information for Parents



Wednesday 15th of August to Friday 17th of August

Leaving Time from School

Please be at school at **6:45am** to have your name marked on the roll and to organise luggage etc. The Bus will depart at 7:00am on Wednesday 15th of August.

Return Time to School

We intend to have returned back at school by 3:30pm, however, we may arrive a little later depending on traffic. If we are late, the school will be notified.

Luggage

Students should only bring one durable traveling case on the excursion. They will need to carry it, so please make sure it's not too big. Items needed during travelling should be carried in a smaller, lighter bag. All luggage should be clearly labeled with name and address.

Medicine

If a student has an injury, pre-existing condition, special dietary requirements or prescribed medical need, details need to be completed online. See next page.

<https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform> - By 6th of August 2018

Any student requiring medication should only bring enough for the duration of their stay if possible. **All medication must be clearly marked with the student's name, the advised dosage and the dosage interval.** Please put all information regarding medicines and medicine in a snap-lock plastic bag or sealed container. Give this information and the medicine to your class teacher on the morning of departure.

Parents will be informed if your child should require medical attention.

Asthma

It is imperative that parents provide an asthma management plan so that staff can take appropriate action in the event of an episode. Students who require inhalers should carry them at all times while on the excursion.

Anaphylactic

It is imperative that parents provide an anaphylactic management plan so that staff can take appropriate action in the event of an episode. Students who require Epipens must be able to quickly access them at all times while on the excursion. Please pass the Epipen to your class teacher on the morning of departure.

Accommodation

We will be staying at the Sydney Academy of Sports and Recreation, Narrabeen.

Students will sleep in dormitory style rooms. Teachers will be in a separate room and will be responsible for students' safety and behaviour during the night.

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Medical and consent form - To be completed Online

A Medical and Consent form for each person attending Sydney Academy Sport and Recreation Camp needs to be completed online. Sydney Academy Sport and Recreation endeavours to provide safe, healthy meals to all clients, including those with special dietary needs or food allergies (including anaphylaxis).

If you do not have access to a computer to complete the form online, please see your child's class teacher for assistance to complete online.

How to complete the form – There are 4 pages

Type in the following url: <https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform>

To complete the online form, you will need the:

- booking number - 537401
- venue - Sydney Academy of Sports and Recreation (this will appear in a drop down list for you to select)
- start date of the program – 15/08/2018

It is important that these three items are correct. If you are unsure of any of these please check with your school prior to completing the form. (see below for example to fill in)

- Click on Next, to go to the next page. There are 4 pages to complete.
- When you get to the last page, please click on **submit**. You will get an email to confirm that you have completed and submitted the form.

Participant dietary, medical and consent form - with meals

Booking details

The Organisation or person coordinating arrangements for the group should provide you with the relevant Booking Number, Start Date and Venue information. Please do not proceed without the correct information.

Participant type * [?] Booking number * [?] Booking start date * [?]

Venue * [?]

Name of organisation and/or organiser * [?]

Parent/Guardian contact details

A form submission confirmation will be emailed to the address listed below

Parent/Guardian first name * Parent/Guardian last name * Relationship to participant *

Email address * Phone type * Phone number * [?]

Confirm email address *

[Next >>](#)

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About Sydney Academy Sport and Recreation



Just 25 kilometres from the Sydney CBD, Sydney Academy of Sport and Recreation provides a range of services, sport facilities and accommodation options for school camps. Located on the northern beaches, Sydney Academy of Sport and Recreation is surrounded by natural bushland with magnificent views of Narrabeen Lake and world-class sports training grounds and facilities.

Our students will have the ultimate learning challenge by taking the curriculum, out of the classroom. The dynamic learning will stimulate and motivate students while complementing the curriculum. Students take part in fun group challenges and activities that promote key learning through:

- Relationships - developing skills in communication, problem solving, cooperation, negotiation, respect and care
- Outdoors – nurturing an appreciation of the natural environment and sustainability
- Action – reinforcing the importance of physical activity for wellbeing
- Resilience – collaborating, negotiating and reflecting on difficult challenges to build courage and strength.

Students come away with positive experiences and a greater sense of themselves. Schools benefit too with a greater sense of school community and team spirit, and increased values of respect, trust and honesty.

Our training and accreditation as outdoor leaders guarantees a vibrant, safe and fun learning experience for both students and teachers.

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Camp Guidelines and Rules

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.
- 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, doesn'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.
- Willful 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.
- As a general rule, students will not be removed from activities as punishment. They may be given a 5 minute time out to reflect.
- 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.

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About Sydney Academy Sport and Recreation



Permission Form

Wednesday 15th of August to Friday 17th of August 2018

I give permission for my child to attend the Stage 3 Camp to Sydney Academy of Sport and Recreation Centre, Narrabeen from Wednesday 15th of August to Friday the 17th of August and for them to participate in any activities arranged as part of this excursion.

I undertake to ensure that my child is at school at **6:45am** on Wednesday 15th and that they will be **picked up by an adult carer** upon arrival back at school by **3:30pm** on Friday the 17th of August.

I have submitted online all the necessary medical information.

<https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform>

I undertake to ensure that any necessary medication will be clearly labelled (name and dosage) and supplied to the teacher before departing for the excursion.

I understand that students will travel to and from the **Sydney Academy of Sports and Recreation Centre** by Coach.

I will make payments by the due dates listed below.

<u>Instalment/ Amount</u>	<u>Due by</u>
Deposit \$70	Week 1, Term 2 (4 th May)
2nd Instalment \$100	Week 10, Term 2 (6 th July)
Final payment \$100	Week 3, Term 3 (8 th August)

- I have enclosed the deposit of \$70
- I have enclosed an instalment payment \$_____.
- I have enclosed the balance of payment of \$200.00.
- I have made an Online Payment – My Receipt number is _____ Date: _____

Name of student: _____ Class: _____

Signature of Parent/Guardian

Print Name

Date

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