

Gilgandra Public School

Honesty & Courtesy

Safe, Respectful, Learners



Principal
Michael Darcy

P.O Box 19
Gilgandra NSW 2827

Ph: 02 68472 043
Email: gilgandra-p.school@det.nsw.edu.au

Stage 3 Excursion

Coastal Sport and Recreation Camp

Tuesday 29/11/22 – Friday 2/12/22

Dear Parents/Carers,

We are looking forward to the upcoming excursion. Students will strengthen friendships, build confidence and independence, and will have fun!

Attached is a medical form that must be completed for all students attending. Please return this form as soon as possible to the classroom teacher.

Also attached is an itinerary (subject to change due to weather or camp decisions) and a packing guide. Please note that all students are responsible for their own belongings, labelling is strongly recommended. Strictly no phones or digital devices.

Students must come with food for day one (lunch, fruit, snacks), they must also bring a water bottle and hat.

Please go over the expectations of behaviour with your child; students must follow directions the first time, try to enjoy each activity through participation and optimism, respect the needs of others including sleep and quiet time and always be polite.

We understand that it can be quite an anxious time for students to be away from home and for you to send your children away for the three nights – please know we will go above and beyond to take good care of the students and ensure everyone has an enjoyable time. Supervising Teachers include Rebecca Rogers, Amy Spora, Sally Jordison and Cameron Wendt. If you do have concerns, please feel free to contact the school 68472043, we will be happy to talk with you.

Kind regards,

Rebecca Rogers
AP/Classroom Teacher

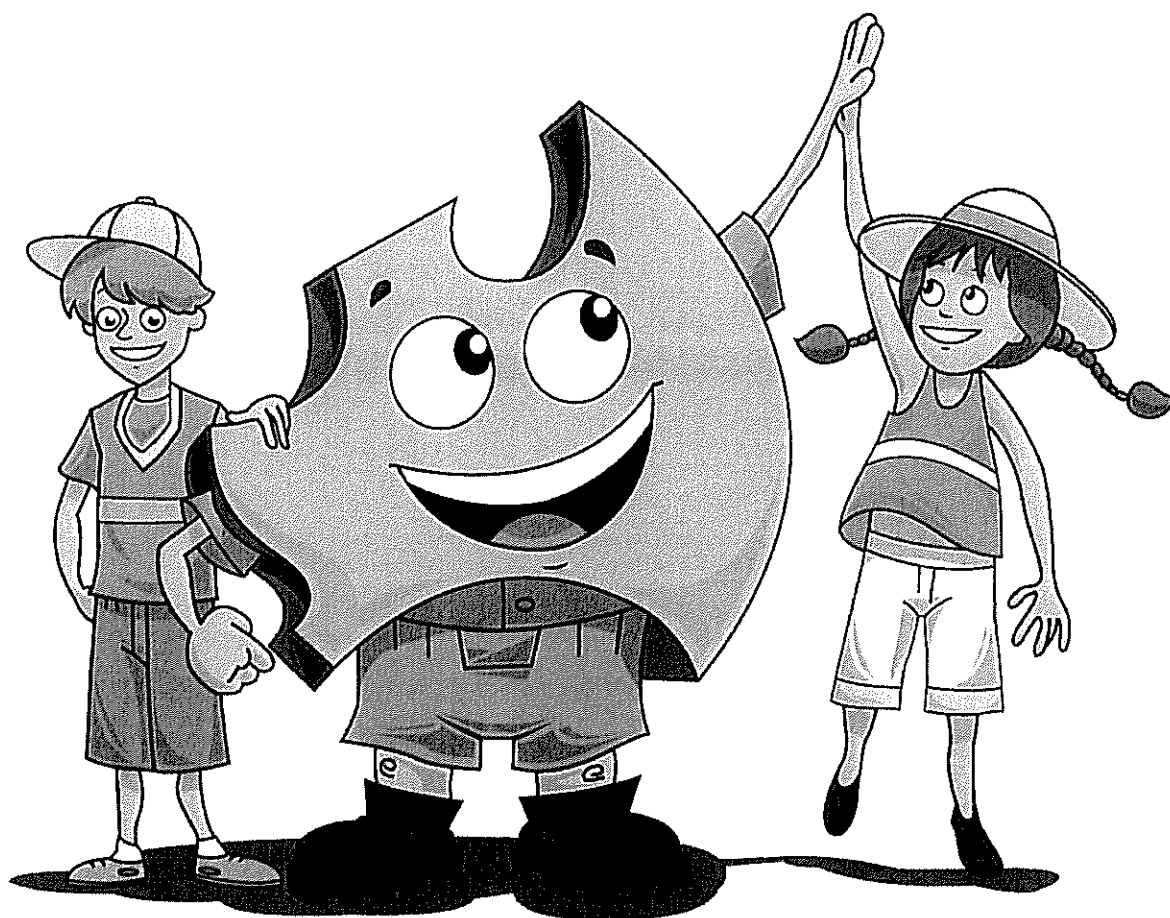
Amy Spora
Classroom Teacher

Souvenir Shop

The Great Aussie Bush Camp has its own souvenir shop conveniently located on site. Prior to departure, the students (and Teachers) may choose to browse the variety of memorabilia items available. The shop offers small and larger souvenir items at prices ranging from \$1.00 up to \$10.00.

Alternatively a pre order form may be sent to you upon request. Pre order forms and money are to be handed to management on arrival for preparation of the pre ordered items. Your pre ordered items can be distributed to students prior to departure or alternatively they can be packaged up to take back to the school and distributed by yourself at a later time.

Please note that there are no EFTPOS facilities available.



Stage 3 Excursion Itinerary

Day One: Tuesday 29/11/22

7.00 – 7.15	Arrive at Gilgandra Public School to load bags etc onto bus and handover all medications to Teachers. Bus will be driving away at 7.30am, we will not wait.
Travel to Anna Bay	2 x Half hour stops along the way for morning tea and lunch – provided by students. The Retreat accommodation, quick drop off luggage.
Irukandji Shark and Ray Centre	Walk to Irukandji Shark and Ray Centre to enjoy the experience. Students should wear quick dry shorts on bus down so they are prepared for this experience, they will be in thigh deep water.
The Retreat	Accommodation for night one. Dinner and next day breakfast provided by accommodation.

Day Two: Wednesday 30/11/22

7.00	Breakfast and pack up
Beach Activity	Port Stephens Beach activity
Travel	One hour drive from Anna Bay to Tea Gardens 'The Great Aussie Bush Camp'
Welcome and Lunch	Lunch provided by Camp Facilitators

Wednesday/Thursday/Friday

Students participate in a variety of activities and games including dual flying fox, raft building, rock climbing, giant swing, archery, bushwalks, Challenge night activities, campfire activities, etc. Teachers are always readily available to support students to participate to their best capabilities.
Students are served breakfast, lunch, and dinner. Morning tea and afternoon tea are also provided.
Students are expected to abide by camp rules and complete clean up duties when required. They must also always demonstrate respectful behaviour. There may be other school groups attending the camp at the same time.

Day Four: Friday 2/12/22

11.30	Depart Camp All pack up would occur during the early morning before an activity on this day.
Travel	On the road back to Gilgandra. Appropriate stops will be made along the way.
Approx. 5pm	Arrival to Gilgandra Public School. Updates on arrival times will be made via text message and school Facebook page. Parent/Carer mobile phone details MUST be up to date in the school system.

What to bring:

Day pack

Morning tea and lunch for first day

Water bottle

Hat

Sunscreen and roll-on insect repellent

Book, cards or entertainment – Strictly no digital devices or phones

Larger Duffle Bag – preferred soft bag as room is limited

All items should be clearly labelled. Students are responsible for their own belongings.

Mess kit (plat, cup, and fork) Non disposable

Sleeping bag (not a swag)

Pillow

Bathroom Items/toiletries – soap, toothpaste, toothbrush, hairbrush, etc

Underwear

Socks

Swim wear

Towels – beach and bathroom

Comfortable casual clothing for the 3 days plus spare set: shorts and t-shirts (no singlet tops)

Comfortable clothing for the 3 night activities

Pyjamas

2 pairs of sneakers (one pair may become wet)

Thongs

Tracksuit and jumper

Raincoat

Plastic bag for wet and dirty clothes

An optimistic attitude

Medical Form – Child

Name of 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 Details: _____

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

Medicare Number: _____ Expiry Date: ____/____/____

Student Name on Card: _____

Student Number on card: _____

Ambulance Cover: Yes No

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

Is your child in good health? Yes No

Does your child require regular medication? Yes No

Does your child suffer from any Chronic Illness / Injury / Allergies?
If yes, please specify? Yes No

Parent / Guardian Signature: _____ Date: ____/____/____



Current Medication / Dietary Requirements

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 and administer all medication.

Has your child suffered from any Acute Illness in the past four months? If yes, details.	Yes	No
--	-----	----

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
---	-----	----

Has your child had any major surgery? If yes, please specify.	Yes	No
---	-----	----

Is your child's Immunisation up to date, including tetanus? If yes, what year was the last booster given?	Yes	No
--	-----	----

Does your child wet the bed?	Yes	No
------------------------------	-----	----

Does your child sleep walk?	Yes	No
-----------------------------	-----	----

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

Does your Child have any Dietary Requirements? If YES please specify:	Yes	No
--	-----	----

Water or Swimming Activities:

In relation to any proposed water or swimming activities, my child: Name: _____

(Please tick one:)

STRONG SWIMMER

AVERAGE SWIMMER

POOR SWIMMER

NON-SWIMMER

