



## **Parent Information Pack**

### **CAVE HILL CAMP**

The Cave Hill Camp is located approximately 45 minutes from Ballarat at Raglan near Beaufort. It is set in bushland. The camp is designed to promote independence, resilience, co-operation, life skills, outdoor and camping skills as well as building and developing positive relationships. Students participate in activities such as bushwalking, canoeing, hut building, map reading, low ropes, bouldering and bush cooking. Students stay in cabins or glamping tents. It is quite normal for your child to feel a little nervous about going on camp but it is part of our curriculum and it is a wonderful opportunity to build resilience, so we encourage everyone to attend. If possible arrange a sleepover with a friend before camp. If you have specific concerns about your child, talk to their teacher to see what arrangements can be made.

### **Camp Rules**

The following rules apply so everyone can enjoy the camp. These rules have been discussed with students and they have signed a camp contract to say that they will follow these rules prior to going. If the rules are not followed students may have time out and miss an activity or in severe cases, be sent home.

#### **The Camp Rules:**

1. Follow the Delacombe Values at all times
2. Stay within the camp boundaries
3. Stay with the group when doing an activity. Do not go off on your own.
4. Use good manners at all times and treat others how you like to be treated
5. Do all the tasks required of you cheerfully and to the best of your ability
6. Report to the teacher immediately if an accident occurs or you feel unwell
7. Stay out of rooms unless you have permission to be inside
8. Have respect for others at bedtime. No talking or moving around after lights out.

#### **If you need to contact your child in an emergency ring:**

1. Scott Phillips: 0419470628
2. Cave Hill Creek: 53 497 381

## Cave Hill Creek Requirements List

2 nights – 3 days



**All students will need to bring play lunch and lunch in a disposable container/bag for the first day. Students will also need a named water bottle.**

- **DO NOT PACK THIS WITH YOUR LUGGAGE.** It can go in a small backpack.

Choose a medium sized strong bag to pack camp belongings. A sleeping bag or doona can be tied to the outside. Involve your child in the packing of their case so they know where everything is.

**CLOTHING:** Check the weather forecast before choosing items to pack.

Students will wear comfortable clothes to school on the first day. (No best clothes or dress shoes as we will be involved in outdoor activities.)

**Besides the clothes you wear, you will need to name and pack:**

- 2 pairs of shorts
- 2 t-shirts ( NO singlet tops)
- 2 pairs of tracksuit pants or comfortable jeans/leggings
- 3 changes of underwear
- 3 pairs of socks
- Nightwear: warm pyjamas, a dressing gown and slippers
- 2 warm jumpers
- A weatherproof coat (Compulsory)
- School hat
- One pair of runners ( in addition to the ones worn to camp)

**Other items needed: (Named please)**

- Named water bottle with lunch
- Sunscreen
- Insect repellent (optional)
- Sleeping bag or single doona
- Plastic bag for dirty clothes
- Toiletries in a bag: toothbrush and paste, soap, hairbrush/comb, hair tie  
**NO** shampoo or conditioner (Just wash hair the night before you come)
- 1 bath towel
- Small torch
- Small bedtime cuddly (optional)
- Book to read
- Pencil or pen
- A disposable camera (optional)
- Extra supplies/pull ups if your child wets the bed

**DO NOT BRING:** money, electronic toys or games, lollies, biscuits or other snack food, no jewellery (other than studs or sleepers)

**MEDICATION:** Medication must be clearly labelled with name and dosage/directions and handed to class teacher prior to leaving.

Please contact your teacher if you have any questions.



## Cave Hill Creek Itinerary

<b>Monday 20<sup>th</sup> April</b>	<b>Tuesday 21<sup>st</sup> April</b>	<b>Wednesday 22<sup>nd</sup> April</b>
<p><b>9.00am: Leave school</b> on bus for Cave Hill Creek near Beaufort in Raglan.</p> <p>10:00-11:30: Arrive, welcome and staff briefing of students. Room allocations and morning snack.</p> <p>Familiarise students with campsite.</p> <p>11:30-12:45: Activity Rotation 1</p> <p>12:45-1:30: Lunch</p> <p>1:30-3:00: Activity Rotation 2</p> <p>3:00-3:15: Afternoon tea (Supplied)</p> <p>3:15-4:45: Activity Rotation 3</p> <p>4:45-5:45: Free time (reading, camp/sport games, room organising)</p> <p>5:45-6:00: Duty group 1 to set up dinner</p> <p>6:00-7:00: Dinner, duty group 8 clean up</p> <p>7:00-7:30: Night torch walk</p> <p>7:30-8:15: Showers</p> <p>8:15-8:30: Diary writing</p> <p>8:30-9:30: Supper and movie</p> <p>9:30 Bed</p>	<p>7:00-8:00: Get ready for day. <b>Fishing</b> (optional)</p> <p>7:45- 8:00: Breakfast duty group 2 to set up</p> <p>Boot camp (Optional) Room tidy</p> <p>8:00-9:00: Breakfast, duty group 7 clean up</p> <p>9:00-10:30: Activity Rotation 4</p> <p>10:30-10:45: Morning tea</p> <p>10:45-12:15: Activity Rotation 5</p> <p>12:15- 12:30: Lunch. Duty group 3 set up. Duty group 6 clean up.</p> <p>12:30-1:30: Lunch</p> <p>1:30- 3:00: Activity Rotation 6</p> <p>3:00-3:15 Afternoon Tea</p> <p>3:15-4:45: Activity Rotation 7</p> <p>4:45-5:45: Free time (reading, camp/sport games, room clean)</p> <p>5:45-6:00: Dinner duty group 4 set up</p> <p>6:00-7:00 Dinner. Duty group 5 clean up</p> <p>7:00-8:30: Diary writing, trivia quiz, talent show</p> <p>8:30: showers</p> <p>9:30: Bed</p>	<p>7:00-7:45: Pack up: Remove sheets and pillowcases and place at door. Pack up room and belongings. Get ready for day.</p> <p>7:45-8:00 Breakfast duty group 6 to set up</p> <p>8:00-9:00: Breakfast. Duty group 3 clean up.</p> <p>9:00-9:30: Room inspections</p> <p>9:30-10:45: Activity Rotation 8</p> <p>10:45-11:15: Morning tea</p> <p>11:15-12:30: Activity Rotation 9 (Hut building for everyone)</p> <p>12:30-12:45: Lunch set up (Volunteers)</p> <p>12:45-1:45: Lunch</p> <p>2:00: depart for Ballarat</p> <p><b>3:00: Arrive at Delacombe</b></p>

Students will belong to an activity group and rotate around 9 different activities for the duration of the camp with these students. Groups will consist of a mixture of students from all the 3/4 grades but will include at least one of their selected cabin friends.

## Confidential Medical Information Form for Excursions

The school will use this information if your child is involved in a medical emergency. All information is held in confidence. The medical information on this form must be current when the excursion/program is run.

Parents are responsible for all medical costs if a student is injured on a school approved excursion unless the Department of Education and Training is found liable (liability is not automatic). Parents can purchase student accident insurance cover from a commercial insurer if they wish to.

Excursion/program name: Cave Hill Creek 20-22<sup>nd</sup> April 2020

Student's full name:

Student's address:

Postcode:

Date of birth:

Year level:

Parent/guardian's full name:

Emergency telephone numbers: *After hours*

*Business hours*

Name of person to contact in an emergency (if different from the parent/guardian):

Emergency telephone numbers: *After hours*

*Business hours*

Name of family doctor: \_\_\_\_\_

Address of family doctor:

Phone number:

Medicare number:

Medical/hospital insurance fund:

Member number:

Ambulance subscriber?  Yes  No If yes, ambulance number:

Is this the first time your child has been away from home?  Yes  No

### Please tick if your child is living with any of the following health conditions:

- Asthma (if ticked complete Asthma Management Plan)
- Anaphylaxis (if ticked review and update the Individual Management Plan for the camp or excursion)
- Bed wetting       Blackouts       Diabetes       Dizzy spells       Migraine
- Heart condition       Sleepwalking       Travel sickness       Seizure of any type
- Other: \_\_\_\_\_

### Swimming ability

Please tick the distance your child can swim comfortably.

- Beginner swimmer** – little or no experience including in shallow water.
- Intermediate swimmer** – basic skills, able to swim 25 metres with a recognisable stroke.
- Advanced swimmer** – able to swim 50 to 100 metres using two recognisable strokes and to demonstrate one survival stroke in deep water.

**Allergies**

Please tick if your child is allergic to any of the following:

Penicillin                       Other Drugs: \_\_\_\_\_

Foods: \_\_\_\_\_

Other allergies: \_\_\_\_\_

What special care is recommended for these allergies? \_\_\_\_\_

\_\_\_\_\_

Year of last tetanus immunisation: \_\_\_\_\_  
 (Tetanus immunisation is normally given at five years of age (as Triple Antigen or CDT) and at fifteen years of age (as ADT))

**Medication**

Is your child taking any medicine(s)?  Yes  No

If yes, provide the name of medication, dose and describe when and how it is to be taken.

\_\_\_\_\_

\_\_\_\_\_

All medication must be given to the teacher-in-charge. All containers must be labelled with your child’s name, the dose to be taken as well as when and how it should be taken. The medications will be kept by the staff and distributed as required. Inform the teacher-in-charge if it is necessary or appropriate for your child to carry their medication (for example, asthma puffers or insulin for diabetes). A child can only carry medication with the knowledge and approval of both the teacher-in-charge and yourself.

**Medical consent**

Where the teacher-in-charge of the excursion is unable to contact me, or it is otherwise impracticable to contact me, I authorise the teacher-in-charge to:

- Consent to my child receiving any medical or surgical attention deemed necessary by a medical practitioner.
- Administer such first-aid as the teacher-in-charge judges to be reasonably necessary.

Signature of parent/guardian (named above) \_\_\_\_\_

Date:

The Department of Education and Training requires this consent to be signed for all students who attend government school non-local excursions.

**Note:** You should receive detailed information about the excursion/program prior to your child’s participation and a Parent Consent form. If you have further questions, contact the school before the program starts.