



St John Vianney's Primary School

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Monday 12th February 2018

Yr 5/6 Camp

Dear Parents,

A few last minutes details regarding the Leadership camp next week.

- The teachers attending Camp are Mr Matchett, Mrs Malpas and Mr Rodda.
- If families need to contact the children at camp with – Cooba: Ph 62645431; Coach: Ph 04144414142
- The students will leave school at 8.00am on Wednesday 21st February and return at approx. 3.00pm on Friday 23rd February. Please arrive at school from 7.45am to ensure departure by 8am.
- Please note that children are **not permitted** to bring any electronic equipment. A camera is permitted.
- **Students must depart school dressed in swimwear and be prepared for Dragon Boating Day. A small Day Pack must be taken with all necessary equipment for the day, including a towel, a change of clothing and packed morning tea, lunch and afternoon tea on the first day of camp. Catering for the camp begins with dinner on the first day and ends with lunch on the last day. Students will not be able to access their main luggage throughout the first day day.**

• Medications

If your child is required to take any medication while they are away please provide us with the following information:

- Clearly labelled medication in a non-spill container – eg Plastic zip lock bag
- Exact administration and dosage
- Please provide any other information an adult may need
- If your child is an asthmatic they are required to carry their medication with them. Please provide the teacher with an asthma plan.
- **All medications are to be given to Mr Rodda before boarding the bus, with the exception of Asthma medication.**
- The program will include the following activities:
 - * Dragon Boating/ Initiatives *Team manouvers *Survivor Challenge (water based)
 - *Big Swing *Assault Course *Archery
 - *Gladiator Challenge (water based)
- **Clothing and Equipment Checklist (Suggestive items and approximate number) Please note suggested list attached**

Day pack (small backpack) – essential for the first day!	Sleeping bag and pillow	Refillable water bottle 1 litre	Pyjamas
Warm shirt (long sleeve)	Warm jumper	Bathroom and pool towel x 2	Swimming gear
2 X Sturdy runners or boots – 1 for wet activities	Wide brim hat or peaked cap	Sun block lotion, insect repellent	Personal toiletries i.e. toothbrush, toothpaste, soap, hairbrush, deodorant etc
Waterproof coat	Tracksuit pants	T Shirts x 3	Garbage bag
Socks x 3	Underpants x 3	Shorts x 3	Sunglasses

If you are still unsure of any details concerning the camp please contact your child's classroom teacher. I am sure the children will have many stories to share on their return.

Regards,

Nina De Rosa

WHAT TO BRING - OUTDOOR PURSUIT TRIPS

1) GENERAL ITEMS FOR ALL STUDENTS TO BRING

Essential:

- Linen - 2 sheets (or sleeping bag), pillowslip & bathroom towel - **UNLESS STATED**
- General Clothing - You need to bring the usual items - underwear, socks, shirts, pants etc. Ensure you have enough sets of clothes for the number of days away - always ensure you have an extra set if one gets wet. The secret to clothes in the mountains - Get warm and then stop the wind - Put on warm layers of clothes and then stop the wind with a wind proof jacket. - you will only have your hire jacket for the days skiing.
- Waterproof jacket if forecast is for rain.
- Shoes - comfortable shoes - at least 2 pairs in case one gets wet.
- 2 PLASTIC BAGS - 1 for dirty clothes, 1 for dirty or wet clothes (especially if doing the Assault course)

Optional

- Swimmers & Pool Towel - If swimming or doing the assault course.
- Favourite CDs - For Karaoke and Dance Nights.
- Small backpack or bum bag - drinks, nibbles, etc.

2) OUTDOOR PURSUITS GENERALLY

Include the appropriate clothing for the activities being undertaken. It is a good chance they will get dirty. Most clothing is common sense but be sure to include the following for ALL activities: -

- Sun Cream - SPF 30+ you can burn very badly in the snow and the mountain area. This is an essential item. It is also suggested that a Lip Gloss or something similar be taken.
- Warm clothing - layers are best - singlet, shirt, jumper, jacket.
- Good footwear - comfortable sport shoes that are well worn in - new shoes can be a danger.
- Windproof Jacket - stopping the wind is essential.
- Hat and/or beanie - depending on the weather, stopping the sun or the heat loss is very important.
- A Water Bottle that does not leak!

3) SPECIFIC ACTIVITIES

a) The Mountains - (Outside winter) - Whether walking, field studies, or just have some fun in the mountains protective clothing is essential even outside winter. Students must take: -

- Beanie or other warm headgear. The majority of heat lost from the body is through the head.
- Gloves - Once your hands get hold your miserable. Waterproof gloves are essential in the snow.
- Windproof Jacket - the wind is what causes most problems - especially if you get wet.
- Woollen or synthetic long trousers - Jeans are NOT very suitable.
- Layers of lighter warm clothing to wear under your wind proof jacket are better than one bulky jumper, as it warms up layers can be removed to maximize comfort.
- Socks - Woollen socks are best.
- Eye Protection - good quality Sunglasses or Goggles - impact resistant and 100% UV protection.
- Spare Set of Clothes - including socks and shoes - if you get wet you MUST have dry clothes.
- Medication - Students MUST take medication e.g. Asthma sprays, etc
- Extras can include - small back pack, water bottle & the usuals

b) Canoeing, Water Sports and Dragon Boating

Essential: Students MUST have:

- OLD shoes that can be tied up and get wet. Students MUST wear shoes into the water. They obviously need a second dry pair.
- Warm clothing that can get wet. In some cases they may need two sets of wet clothes - before & after lunch time
- Warm dry clothing, i.e. something to put on as soon as they get out.
- The usuals - towel, sun block, hat, windproof jacket, layers of clothes, etc.

c) Assault Team Course

Students **will** get wet, cold and disgustingly dirty. They will need:

- Very old clothing and shoes - the clothes will get muddy, wet and be thrown into a bag to take home to lucky parents to wash - Shoes must be able to be done up. (The type of OLD that means they are able to be thrown out if necessary).
- A good non-leak plastic bag to throw clothes in and tie up till they get home.
- Swimmers are needed and **MUST** be worn under the old clothing.
- The usuals - warm clothes - towel - Hat -etc.

d) Gladiator Course & Survivor

Students will get wet & must wear shoes. They need to bring the usual essentials plus:

- Shoes that can get wet
- Clothes that can get wet and a towel and change of dry clothes and shoes.
- Towel to dry yourself

e) Climbing and Abseiling

Comfortable clothing that is not too loose fitting, long hair needs to be tied back & jewelry removed.

f) Other Activities

For other activities (unless stated) the general outdoor clothing is appropriate but the warm clothing, comfortable sports shoes, sun block, hats, etc. will be OK. As some activities require contact for harnesses and support we recommend shoulders be covered and longer trousers/shorts.