



## *Mosman Church of England Preparatory School*

### **Y3 to Crusader Camp, Lake Macquarie**

<http://www.crusaders.edu.au/centres/lakemac/>

1 June, 2011

Dear Parents,

This year **Year 3** will be heading off to the Crusader Union Camp, Lake Macquarie from **14 September to 16 September**. The boys will be accompanied by their class teachers and assisted at the camp by Crusader Union Staff, each of whom is a highly qualified outdoor educator and has 'Working with Children' clearance.

It should be a wonderful and exciting three days! A detailed itinerary and equipment list is attached.

In your Term Three School Fee Schedule, costs for this camp of **\$296.00** have been added. Please return the attached:

- Student Permission Form
- Student Medical Form
- Asthma Management Plan before **Friday, 12 August**.

Additional information concerning departure/arrival times, clothes etc. is also attached. PLEASE ENSURE EVERYTHING IS CLEARLY MARKED.

**Year 3** will depart on **Wednesday, 14 September from Balmoral Oval at 8.00am** and return to **Balmoral Oval on Friday, 16 September at approximately 3.30pm**.

Transport will be by coach with seat-belts.

Boys are also required to bring a packed morning tea and lunch on the first day.

I know the staff is thoroughly looking forward to the time away and I am sure the boys are too. It should be a wonderful camp.

Yours sincerely,

Greg McDonald  
Deputy Headmaster



*Mosman Church of England Preparatory School  
Y3 Camp Programme*

Day 1		
10.00	Arrive	Welcome, introductions, tour of site, cabin allocation.
10.30	Morning Tea @ Shingle Splitters Reserve	<i>Brought from home.</i>
11.00	Oval Games @ Shingle Splitters Reserve	The boys play some great oval games to start camp off with a bang.
12.30	Lunch	<i>Brought from home (provided for teachers).</i>
1.15	Activity explanation	The boys will be divided into <b>3 activity groups</b> to complete the following activities: 1. <b>Archery:</b> we'll show the boys some of the skills required to be a 'Robin Hood'. 2. <b>Bush Survival:</b> students are shown some of the skills required to survive in the bush. 3. <b>Score Orienteering:</b> boys use a map and bearings to find markers hidden all around the site. 4. <b>Damper Cooking:</b> boys try their hands at cooking this traditional Aussie favourite (subject to fire restrictions).
1.30	Activity Session 1	Boys complete their first activity.
3.00	Afternoon Tea	<i>Provided by the site.</i>
3.30	Activity Session 2	Boys complete their second activity.
5.00	Showers And Free Time	<i>To be supervised by teachers.</i>
5.45	Orderlies	Boys help to set the tables for the meal.
6.00	Dinner	
7.00	Singing	Boys enjoy singing and dancing to Christian songs!
7.20	Spotto	A classic night game.
8.30	To bed	The expected behaviour for the night is explained.
8.45	Lights out	<i>Teachers supervise until morning.</i>

Day 2		
7.00	Rise and exercise	The leaders ensure everyone is awake and ready for the day.
7.30	Tidy rooms	Points awarded in the cabin competition for the tidiest cabin.
7.45	Orderlies	

<b>Day 3</b>		
<b>7.00</b>	<b>Rise and Pack</b>	The leaders ensure all bags are packed before breakfast.
<b>7.45</b>	<b>Orderlies</b>	
<b>8.00</b>	<b>Breakfast</b>	
<b>9.00</b>	<b>Christian Discovery</b>	A time of singing, skits, a short talk and learning something from the Bible in small groups with their leaders.
<b>10.15</b>	<b>Morning tea</b>	
<b>10.45</b>	<b>Activity Session 4</b>	Boys complete their final activity.
<b>12.15</b>	<b>Lunch</b>	
<b>1.00</b>	<b>Wrap Up</b>	
<b>1.30</b>	<b>Depart</b>	



*Mosman Church of England Preparatory School*

**YEAR 3 Camp**  
**Equipment & Clothing List**

Dates: **Wednesday 14 September to Friday 16 September**

Place: Crusader Conference Centre, Lake Macquarie

Departure: All boys will meet at the Balmoral Oval at 7.45am. on departure day.

Return: Boys will arrive back at Balmoral Oval at approximately 3.30pm. on the set day.

Travel Dress: Boys are to wear good casual gear.

Luggage: Boys must be able to carry their own luggage. In a clearly labelled bag include:

**ESSENTIALS -**

Morning tea and lunch for the first day

Sleeping bag and inner sheet (please do not attach to suitcase)

Pillow case

Old shorts and t-shirts (with collars) (ie casual clothes)

Tracksuit pants /jeans and sloppy joes (2 pairs)

Towel and swimmers

Underclothes

Plenty of socks

Sandshoes (2 pairs)

Jumpers to include an old woollen jumper suitable for swimming

Pyjamas

Raincoat (waterproof)

Toiletries

Insect repellent (lotion not spray)

Broad rimmed hat (no peaked caps)

Sunscreen - (please provide your son with instructions on how to properly apply sunscreen)

2 plastic bags for wet/dirty clothes

Torch

**OPTIONAL**

Camera, wetsuit

**EACH OF THE ITEMS SHOULD BE CLEARLY LABELLED (this includes socks, hats & underwear)**

**PLEASE NOTE:**

Boys are not to bring: Money, radios, i-pods, Game-boys, electronic games, mobile phones, digital cameras, food (other than morning tea and lunch for the trip down)

**ANY MEDICAL OR DIETARY REQUIREMENTS MUST BE WRITTEN**

**OUT AND SENT TO THE CLASS TEACHER.**

**It is advisable to pack your son's bag with him present, so he is aware of what he has and where it is.**



## *Mosman Church of England Preparatory School*

**STUDENT PERMISSION FORM**  
**for**  
**YEAR 3 CAMP TO LAKE MACQUARIE**  
**2011**

I give permission for my son to attend the School camp at Lake Macquarie. I acknowledge and understand that there are risks associated with this camp.

The specific activities in which my son will be participating include: damper cooking; basic canoeing, basic sailing, fishing, archery and bush walking. I am not aware of anything that would prevent my son participating in these activities and I have informed my son that he must observe the rules of the camp/excursion / activity and cooperate with all those in positions of responsibility for him.

In the event of an emergency, I give permission for the school staff to authorize any medical treatment, should staff not be able to contact me.

Parents should be aware that their son is insured for personal injury under the School's Accident Insurance Policy for any injury which may occur to a pupil of the School **at any time** worldwide. This insurance provides benefits and compensation according to the available schedule of injuries and amounts, after claims through Medicare and private health insurance have been settled. Enquiries and claims on this insurance can be made by contacting the Business Manager's office.

Payment of **\$296.00** will be made to the school, additional to my son's Term Three Fees.

<b>Name of Parent / Guardian</b>	<b>Signature</b>	<b>Date</b>



# Mosman Church of England Preparatory School

## **STUDENT MEDICAL FORM** **Y3 to Crusader Camp, Lake Macquarie**

Pupil's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Private Health Fund and Number: \_\_\_\_\_

Medicare Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Does your son suffer from any medical problem? If so what:


Does your son need medication? If so what?

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Are there any medications he is not to be given?

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Has your son had a tetanus immunisation? If so when?

Are there any particular foods your son can't eat?

--

Other information that would be helpful for staff to know:


Swimming:

I consider my son:

- can swim 20 metres

- can tread water for 2 minutes
- cannot swim or tread water



**ASTHMA MANAGEMENT PLAN**

To be completed for any participant who suffers from Asthma.

Name of Participant: \_\_\_\_\_

Regular Asthma Medications:

Name \_\_\_\_\_ Quantities and Dosage \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*The above medications must be brought to the Program by the Participant*

Peak Expiratory Flow Readings:

Expected reading: \_\_\_\_\_

Reading requiring extra Medication: \_\_\_\_\_

Reading when advisable to seek Medical Assistance: \_\_\_\_\_

Known Trigger Factors (please tick any appropriate item)

- Dust of any sort in sufficient quantities
- Sudden Temperature changes
- Contact with animals
- Grass and Weed Pollens, Mould
- Atmospheric Pollution
- Vigorous Exercise
- Other, please provide details

Please provide other information that may be of assistance in providing medical assistance for this person.

\_\_\_\_\_

