Dear Parents and Care Givers,

The Arndell College, Senior School Camp Program for 2016 maintains the organisation and ethos of the Arndell College Outdoor Education program.

A Whole School approach to camp will see all staff and students of the Senior Campus on camp at the same time. It is essential that you understand that for the duration of camp the Arndell College campus for the Senior School will be closed.

Senior School Camp will commence on Wednesday 21st September and conclude on Friday 23rd September for Years 7, 8, 10 & 12. Year 9 camp commences on Tuesday 20th September and concludes on Friday 23rd September. These dates are the last three days of term 3 and offer both students and staff a chance to rest at the completion of the camp program. These dates also provide an opportunity to make good use of this last week of term and offer an interesting and enjoyable start to the holiday break.

The integration of Year 11 as student leaders at each camp, aims to encourage senior students to mentor and develop lasting relationships with younger students. Year 11 students will be integrated into the Senior School Camp program through the existing House structure at Arndell College. Each camp will be led by one of the four Heads of House assisted by the senior students from their house.

<table>
<thead>
<tr>
<th>Year Group</th>
<th>Year 11 Student Mentors</th>
<th>Organising House Head of House/Coordinator</th>
<th>Venue</th>
<th>Gospel Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Tebbutt</td>
<td>Lauren Kenny (<a href="mailto:lauren.kenny@arndell.nsw.edu.au">lauren.kenny@arndell.nsw.edu.au</a>)</td>
<td>Deer Park (Youthworks Port Hacking)</td>
<td>What is God’s plan for his Creation?</td>
</tr>
<tr>
<td>8</td>
<td>Johnson</td>
<td>Leighton Corr (<a href="mailto:leighton.corr@arndell.nsw.edu.au">leighton.corr@arndell.nsw.edu.au</a>)</td>
<td>Rathane (Youthworks Port Hacking)</td>
<td>Is Jesus out of date in today’s world?</td>
</tr>
<tr>
<td>9</td>
<td>Greenway</td>
<td>Craig Robinson (<a href="mailto:craig.robinson@arndell.nsw.edu.au">craig.robinson@arndell.nsw.edu.au</a>)</td>
<td>Somerset (Colo Valley)</td>
<td>What are the characteristics of a Christian?</td>
</tr>
<tr>
<td>10</td>
<td>Macquarie</td>
<td>Michael Refalo (<a href="mailto:michael.refalo@arndell.nsw.edu.au">michael.refalo@arndell.nsw.edu.au</a>)</td>
<td>Urban Challenge (Inner City)</td>
<td>Christians in a fallen World.</td>
</tr>
<tr>
<td>12</td>
<td>Na</td>
<td>Year 12 Study Camp Coordinator Roshini Paul / Mrs Webb (<a href="mailto:roshini.paul@arndell.nsw.edu.au">roshini.paul@arndell.nsw.edu.au</a>)</td>
<td>Telford-Skinners (Youthworks Port Hacking)</td>
<td>Can the Bible be used to make life choices in our modern world?</td>
</tr>
</tbody>
</table>

The Outdoor Education program has the following objectives:

- Provide staff with an opportunity to demonstrate by example a love of God and of His Word.
- Develop appropriate and lasting relationships for students and staff.
- Develop and foster leadership skills in all students.
- Foster and develop personal resilience within our students by building great memories and provide appropriate feedback and encouragement.

Please print and complete consent & medical forms on pages 2&3 below. Special diet form is attached as is to be completed only if required.
Signed forms are to be returned to coordinating Head of House by Monday 8th August.

Coordinator of Camps

Head of Senior School

Michael Refalo.                                               James Webb
Parent or Guardian Consent -
Please complete & return parental consent form below, to be collected by

**Coordinating Head of House, Lauren Kenny by Monday 8th August**

My signature below indicates my understanding that:

- Senior School Camp program is an important and compulsory component of the Arndell Anglican College curriculum.
- I expect my son/daughter to comply with all reasonable requests made by Arndell College Staff, Youthworks Staff and to cooperate fully with Year 11 students participating in the mentoring program.
- I will support the College by not permitting my child to pack prohibited items including as junk foods, iPods and in appropriate clothing. Items deemed prohibited under College policy such as knives and aerosol spray cans should not be packed. Mobile phones should not be used for the duration of the camp.
- It is a clear expectation that students are **not permitted to enter** any cabin to which they have not been assigned and their location will be known to staff at all times.
- All students are expected to stay in their set cabin or tent after "lights out" and sleep as directed.
- It is the student’s responsibility to pack all the items listed on the "**what to being list**".
- In the event of illness, dangerous or inconsiderate behaviour or being found in a cabin or tent to which they are not assigned students will be withdrawn from camp activities, social events or free time. I may be required to provide return transport as deemed necessary by the Headmaster or Head of Senior School or Head of House. Further action maybe be taken.
- I permit my son/daughter to be transported to and from the above venue by coach/bus provided by Arndell Anglican College and acknowledge my responsibility to ensure timely arrival and pick-up of my child.

*I consent to daughter/son to participate in activities arranged by camp provider. I acknowledge that the activities may be of an adventurous nature, often in bush settings. In signing this document I am aware of the general nature of these activities and that these activities represent a departure from normal routines and may be physically demanding.*

Parent or Guardian signature of consent:

Signed ……………………………………………………………………………Date……………………………

<table>
<thead>
<tr>
<th>Student Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Name:</td>
</tr>
<tr>
<td>Surname:</td>
</tr>
<tr>
<td>Gender:</td>
</tr>
<tr>
<td>Date of Birth:</td>
</tr>
<tr>
<td>Year Group:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Emergency Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
</tr>
<tr>
<td>Relationship:</td>
</tr>
<tr>
<td>Daytime Phone:</td>
</tr>
<tr>
<td>Mobile Phone:</td>
</tr>
</tbody>
</table>
### Medical History

**Does your child suffer from Asthma:**

- [ ] No
- [ ] Yes
- [ ] Mild
- [ ] Moderate
- [ ] Severe

If Yes, please provide details of medications, triggers, management plans and recent history below.

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**Does your child suffer from any Allergies:**

- [ ] No
- [ ] Yes
- [ ] Mild
- [ ] Systemic
- [ ] Anaphylactic

If Yes, please provide details of medications, triggers, management plans and recent history below.

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**Is your child's Tetanus current:**

- [ ] No
- [ ] Yes

**Can your child be paracetamol by camp provider**

- [ ] No
- [ ] Yes

In the space below please provide camp leaders with any information that will aid them in providing the best possible care for your child, please include:

- Details of any fears, phobias or possible situations that will cause undue anxiety or concern.
- Any personal expectations you have of the camp program or challenges that could be worked on at an individual level with your child during camp.
- Details of any medications or health issues and how they may be prevented or aid that may be required.

Please note below: Medications and prescribed dosage.

All medication must be labelled with student name and handed to staff in a sealed container, in original packaging with clear pharmaceutical instruction.

**Medical Conditions & Medications:** In the case of special dietary requirement please also complete special diet sheet attached.

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**Fears/Phobias**

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**Goals / Expectations**

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..........................................................
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Dear Parents & Care Givers

In keeping with the established Senior School Camp Program, Year 11 students will be integrated into the following camps.

Each Head of House will be coordinating a camp from Year 7-10. The Year 11 students will be assigned to the same camp as their Head of House and will be expected to take on leadership roles throughout the duration of the camp. Therefore, the Year 11 students will be divided as follows:

- **Tebbutt:** Year 7 Camp, Anglican Youthworks Port Hacking – Deer Park (3 day program)
- **Johnson:** Year 8 Camp, Anglican Youthworks Port Hacking – Rathane/Telford (3 day program)
- **Greenway:** Year 9 Camp, Somerset - Colo Valley (4 day Program)
- **Macquarie:** Year 10 Camp, Urban Challenge (3 day program)

The primary rational of this integration is to provide our senior students within the College an opportunity to put into practice the variety skills that they have been developing throughout the College Leadership program. Over the course of the camp, each student’s potential leadership skills will be evaluated. This information will assist in the creation of a shortlist of College Student Leaders, of whose appointment will be discussed at a later stage by the Heads of House and members of the Executive.

Whilst at camp, the Year 11 students will be allocated a group to help supervise and will be expected to participate in all camp activities, providing encouragement and support to the younger students where it is needed. A more detailed and specific list of camp duties and responsibilities will be given to the Year 11 students over the course of the term.

If you have any concerns with what has been outlined in this letter or require further information, please feel free to contact Mr Michael Refalo, the Camp Coordinator or Mr James Webb at the College on 4572 3633. Alternatively, further camp information may be found on the Parent Portal in the coming weeks.

Kind regards,

Mr Michael Refalo
Camp Co-ordinator

Mr James Webb
Head of Senior School
Special Dietary Requirements

ALL QUESTIONS TO BE FILLED OUT BY THE PARENT / GUARDIAN OR PERSON WHO HAS A SPECIAL DIETARY NEED

<table>
<thead>
<tr>
<th>GROUP NAME</th>
<th>NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>ARRIVAL DATE</td>
<td>AGE</td>
</tr>
<tr>
<td>PHONE</td>
<td>EMAIL</td>
</tr>
<tr>
<td>CENTRE (please circle)</td>
<td>Rathane</td>
</tr>
</tbody>
</table>

1. ANAPHYLATIC & LIFE THREATENING REACTIONS
   - If you are likely to suffer from a life threatening or anaphylactic reaction, or you cannot have food that carries the warning “may contain traces of ……” or “manufactured on equipment that also processes ……”, you are required to supply the following:
     - Your own PREPARED food to reheat
     - Disposable cutlery and crockery
   - A microwave and fridge space will be available for your use
   - A discount of $10.00 per day applies to any guest supplying all of their own food (prepared meals to reheat)
     - TICKING THIS BOX INDICATES YOU WILL BE SUPPLYING YOUR OWN FOOD (PREPARED MEALS)

2. SPECIAL DIETS – PLEASE TICK THE BOX(S) THAT APPLY TO YOU
   - NO beef
   - NO pork
   - NO red meat
   - NO chicken
   - NO white meat
   - NO beef
   - Vegetarian
   - NO eggs
   - NO tree nuts
   - NO red meat
   - NO shellfish
   - NO dairy
   - NO peanuts
   - NO wheat
   - NO gluten
   - NO nuts
   - Diabetic
   - Halal – We regret that Youthworks Centres CANNOT provide Halal meat for individuals (standard vegetarian meals will be served in this instance). With prior arrangement WHOLE groups can be catered Halal meat if you wish.
   - Certain allergies not listed above may be able to be accommodated, but these must be discussed with our Catering Department prior to submitting a form, please phone 02 8525 3100 to discuss.

3. ARE YOU ABLE TO HAVE SMALL AMOUNTS OF THE ALLERGENS YOU HAVE TICKED ABOVE
   - YES
   - NO

4. CAN YOU HAVE FOODS WHICH CARRY THE WARNING “MAY CONTAIN TRACES OF ……..” OR “MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES ……..”
   - YES
   - NO ➔ YOU ARE REQUIRED TO SUPPLY YOUR OWN PREPARED MEALS TO REHEAT ➔ TICK THE BOX IN POINT 1

5. PLEASE READ THE TABLE BELOW REGARDING ADDITIONAL FOOD YOU MIGHT BE REQUIRED TO SUPPLY

<table>
<thead>
<tr>
<th>DIET</th>
<th>DESCRIPTION OF DIET</th>
<th>GUESTS NEED TO BRING</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Gluten / Wheat (Coeliac)</td>
<td>No gluten containing grains (wheat, rye, oats or barley) or their products or extracts</td>
<td>Own bread, snacks if desired</td>
</tr>
<tr>
<td>No Dairy</td>
<td>No milk, milk products or milk extracts. “So Good” soy milk is provided.</td>
<td>Own milk if “So Good” is not acceptable, snacks if desired.</td>
</tr>
<tr>
<td>Diabetic</td>
<td>Low sugar levels</td>
<td>Sugar free drinks, snacks if desired.</td>
</tr>
</tbody>
</table>

In order for Youthworks to best serve guests it is vital that all special diet forms are returned BY 4PM ON THE MONDAY TWO WEEKS PRIOR TO YOUR STAY. We regret that due to high administrative and supply costs, a surcharge of $50.00 per special diet will apply, if a form is not filled out (ALL of questions 1-4 completed) or if the deadline is missed.

Signed (Parent / Guardian if under 18yrs): __________________________ Print Name: __________________________ Date: ________________

YOUTHWORKS OUTDOORS – PORT HACKING CENTRES
ADDRESS Rathane Road (off Warumbul Road), Royal National Park POSTAL ADDRESS PO Box 705 Sutherland NSW 1499
TELEPHONE (02) 8525 3100  FAXSIMILE (02) 9524 3810  EMAIL porthacking@youthworks.net WEB www.youthworks.net
The following list is the minimum equipment required for your camp. Please ensure you are adequately prepared.

**Clothing for all activities:** Guests will be required to wear appropriate shoes, clothing and sun protection to be able to participate in activities. Open footwear (e.g. Thongs and sandals), midriff tops, singlet tops, skirts and jewellery are not appropriate for the camp program.

**Clothes**
- Hat
- T-shirts
- T-shirt or rash-shirt that can get wet.
- Closed-in comfortable footwear (joggers/sneakers/hiking boots) **AND**
- Old covered-in shoes that can get wet (i.e. *these are your 2nd pair of shoes*).
  
**NB:** No "Crocs" shoes, must be fully closed in shoes eg. Old sneakers or wet-shoe booties. If you don’t bring suitable wet shoes you cannot participate in any water based activities.  
  
**NB:** All waterways contain oysters- ensure covered shoes are always worn on/in the river.
- Raincoat
- Beanie / gloves (if needed)
- Long pants (a must if your group is doing Billy Carts or Orienteering/Rogaining/Geocaching)
- Shorts
- Clothes that can get wet, eg. Board shorts.
- Jumper
- Warm Clothes
- Underwear and socks
- Pyjamas (if staying over night)
- Swimmers / towel

**Personal Equipment**
- A small amount of money if you wish to buy souvenirs
- Toiletries (soap, toothbrush, toothpaste, bath towel etc) (if staying over night)
- Medicines (if needed - Please inform your school teachers of any medication at camp.)
- Sunscreen & insect repellent
- Fitted bed sheets and sleeping bag or doona (if staying over night)
- Pillow slip (if staying over night – Pillows are provided)
- **Torch** (if staying overnight, especially if night hike)
- Water bottle

**For overnight offsite tent experiences (pre-booked) –Only if applicable**
- Sleeping bag (not sheets)
- Torch
- Water bottle at least 2 litre capacity
- Cutlery and plates etc (can be disposables)
- Spare set of warm clothes in case you get drenched (incl. underwear, socks, jumper or jacket, long pants)
- Covered comfortable walking shoes

**For Special Diet Requests**
- If you require a Special Diet, please refer to the Special Dietary Requirements Form for a list of items you will need to bring to camp.

**DO NOT BRING:**
- **SNACKS CONTAINING NUTS,** Walkman/iPod, good clothes, electronic games, expensive jewellery, mobile phones etc.