The Arndell Anglican College 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 attached is to be completed only if required. Signed forms are to be returned to Mrs Paul by Monday 8th August.

Coordinator of Camps

Michael Refalo.

Head of Senior School

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

Camp Coordinator, Mrs. Roshini Paul, by Monday 8th August 2016.

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 and Youthworks Staff.
- I will support the College by not permitting my child to pack items deemed prohibited under College policy such as knives and aerosol spray cans. Mobile phones and electronic devices are to only be use within the Arndell College acceptable use policy guidelines.
- It is a clear expectation that students are not permitted to enter any cabin or room to which they have not been assigned.
- All students are expected to stay in their set cabin after “lights out” and sleep as directed. All students are to ensure their location is known staff at all times.
- 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dangerous or inconsiderate behaviour or being found in a cabin or room to which they are not assigned students will be withdrawn from camp activities, social events or free time.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 may also 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.

Student Information

First Name:  
Surname:  

Gender:  
☐ MALE  
☐ FEMALE  

Date of Birth:  ____/_____/_______  

Emergency Contact Details

Name:  
Relationship:  

Daytime Phone:  
After Hours Phone:  

Mobile Phone:  
Other:  

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  
..........................................................................................................................................................  

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  
..........................................................................................................................................................  
..........................................................................................................................................................  

Is your child’s Tetanus current:  
☐ No  
☐ Yes  

Please see next page
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. In the case of special dietary requirements, please also complete the special diet sheet attached.

<table>
<thead>
<tr>
<th>Medical Conditions &amp; Medications</th>
</tr>
</thead>
<tbody>
<tr>
<td>........................................</td>
</tr>
<tr>
<td>........................................</td>
</tr>
<tr>
<td>........................................</td>
</tr>
</tbody>
</table>

Parent or Guardian signature of consent:

| Parent Name .................................. Signed .................................. Date .......... |
Year 12 Study Camp 2016

Year 12 students will be attending Study Camp held on the 21st, 22nd, 23rd of September 2016. This Study camp is a compulsory part of the Arndell Anglican College curriculum and attendance is mandatory for all students. In keeping with the Senior School Camp Program the cost of the camp and coach transport is covered by the service fee and no additional cost will be incurred.

Students will depart form the College at 9:00am on Wednesday 21st and return at 2:45pm on Friday the 23rd of September. As senior students year 12 will be permitted casual dress that is in keeping with the ethos of Arndell Anglican College for the duration of the camp.

The camp will be held at the Youthworks Pork Hacking site – Telford, this site will allow for cabin style accommodation and a formal dining area for all meals.

Students will be assigned a study desk for the duration of the camp and be expected to be engaged in a meaningful study program for 7 hours of each full day at camp. Rest breaks and a recreational night activities will also be planned. Internet access for student's laptops will be provided.

Students will be expected to plan their own study regime and pack the required resources and study materials. The camp will be staffed by experienced head teachers from most subject areas who will be available to assist students as required.

It will be expected that all students will use the coach transport provided by the College and that in the event of late arrival or early departure students will be picked up of dropped off by a parent with prior arrangements made. Any students unable to attend are required to seek prior approval for leave from the Headmasters office.

It is hoped that Study Camp will provide an exciting and meaningful start to the study break given as a lead into the HSC examinations commencing in Term 4.

Kind regards,

Mr Michael Refalo
Head of Macquarie, Coordinator of Camps

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. ANAPHYLACTIC & 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 chicken
   - NO seafood
   - NO diary
   - NO peanuts
   - Diabetic
   - NO wheat
   - NO gluten
   - 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>

Fruit is provided for between main meal snacks. Guest may wish to supplement with their own snacks if desired.

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 FAX (02) 9524 3810 EMAIL porthacking@youthworks.net WEB www.youthworks.net
Study Camp What To Bring

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 (eg. Thongs and sandals), midriff tops, singlet tops, skirts and excessive jewellery are not appropriate for the camp program.

**Clothes**

- Hat
- T-shirts
- Closed-in comfortable footwear (joggers/sneakers) **Shoes** must be fully closed in.
- Long pants
- Shorts
- Jumper
- Warm Clothes
- Underwear and socks
- Pyjamas

**Personal Equipment**

- Toiletries (soap, toothbrush, toothpaste, bath towel etc)
- Medicines (if needed - Please inform your teachers of any medication at camp.)
- Sunscreen & insect repellent
- Fitted bed sheets and sleeping bag or doona
- Pillow slip (Pillows are provided)
- Torch
- Water bottle

**Study Materials**

- Stationary and blank paper
- Folders and class notes
- Text books, past papers, practice questions
- Laptop Computer and power pack

**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, electronic games, expensive jewellery, mobile phones etc.