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Is Jesus out of date in today’s world?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

Michael Refalo.

Head of Senior School

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

Coordinating Head of House, Leighton Corr 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 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........................................

Student Information

First Name: Surname:

Gender: □ MALE □ FEMALE

Date of Birth: _____/_____/_______ Year Group: 7 or 11

Emergency Contact Details

Name:

Relationship:

Daytime Phone: After Hours Phone:

Mobile Phone: Other:
### Medical History

<table>
<thead>
<tr>
<th>Does your child suffer from Asthma:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ No</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Does your child suffer from any Allergies:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ No</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Is your child's Tetanus current:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ No</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Can your child be paracetamol by camp provider</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ No</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

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 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 deity requirement please also complete special diet sheet attached.

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

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

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

#### Fears/Phobias

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

#### Goals / Expectations

...........................................................................................................................................................
Year 8 – Senior School Camp Outline

Year 8 Camp for 2016 will provided by Anglican Youthworks, Port Hacking at the Rathane Campsite. The camp will involve cabin accommodation for one night with an overnight expedition. This expedition will involve hiking and canoeing, with students pitching their tents and cooking meals.

Travel to and from the venue will be by seat belted coach which will depart from the College at 8:30 am on Wednesday 21st September and return to the College by 3.40 pm on Friday 23rd September 2016. As all camps will be held at the same time it is important that students arrive at school no later than 8:00 am so that bags can be organised, stored on coaches and students can be marked and boarded onto the appropriate coach. Students that travel to and from College by bus will be required to make alternate arrangements.

All Year 8 students will be required to wear Arndell Anglican College, Sports Uniform on the first day of camp. Track suits should be purchased from the College Uniform Shop prior to the event if required.

Students will need to bring their own packed lunch for the first day of camp along with the recommended items on the attached list of what to bring. The items on this list have been chosen to ensure that students are able to fully participate in all activities safely.

Junk foods, soft drinks and foods that contain nuts should not be packed. We also ask that you not allow students to bring any valuables to camp as we cannot ensure such items will not be broken, lost or stolen. 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.

Students are expected to demonstrate exemplary behaviour while at camp and will be sent home if they find that they cannot comply with instructions from their supervising teachers, Youthworks staff or the Year 11 students assigned to their camp. Students are not to enter cabins or tents that are not assigned to them and are to remain in the bunk assigned after lights out. Students location should be known to staff at all times

Mr Corr will be coordinating the Year 8 Camp and because mobile phone coverage is often difficult in this area in the case of an emergency Mr Corr can be contacted through the Anglican Youthworks office reception on (02) 8268 3333 from 8:00am to 5:00pm. After hours contact for emergencies only 85253195

Please print and return to Mr Corr all consent, medical and optional special dietary forms by Monday 8th August 2016.

Yours sincerely,

Mr Michael Refalo
Coordinator of Camps
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>ARIVAL 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 shellfish
   - NO seafood
   - NO dairy
   - NO peanuts
   - NO tree nuts
   - NO wheat
   - NO gluten
   - 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>

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 FACSIMILE (02) 9524 3810 EMAIL porthacking@youthworks.net WEB www.youthworks.net
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 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 overnight)
- 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.

Youthworks Outdoors
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PO Box 705 Sutherland NSW 1499 Australia
T +61 2 8525 3114 F +61 2 9524 3810 W www.youthworks.net
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