

Grade 4 Camp Rumbug

Friday, June 30, 2017

Dear Parents/Guardians,

The Grade 4 students will be attending Camp Rumbug for 3 days and 2 nights, from Monday 11th to Wednesday 13th of September. This is a fantastic opportunity for students to develop their independence as they experience learning beyond the classroom.

Preparations for camp are well underway. It is going to be a fantastic experience for both teachers and students.

The beautiful Camp Rumbug is located in the majestic hills of South Gippsland, two hours from Melbourne's CBD and set in 200 acres of glorious temperate rainforest overlooking Wilsons Promontory National Park. The camp will involve a range of fun, confidence building activities ranging from abseiling, canoeing, a low ropes course, a flying fox and hut building.

This information is to assist in preparing your child for camp. The following information is included:

- Suggested Packing List
- Student Behaviour Consent Form (to be returned by **Friday 11th August**)
- Confidential Medical Report (to be returned by **Friday 11th August**)
- Dietary Requirements (to be returned by **Friday 11th August**)

Cost

The balance for the camp is \$250, **due by Friday 25th August**. Please see the Office for a payment plan if you have any questions or queries.

Yours sincerely,
Grade 4 Teachers

*Please complete the attached payment form and return to the Office by **Friday 25th August**.*

✂

Credit Card Payment – Camp Rumbug Balance

Student's Name: _____

Class: _____

Visa ☐ Mastercard ☐

Amount: \$250

Name on Card: _____

Card No.: _____/_____/_____/_____ CCV No.: _____

Expiry Date: _____/_____

Card Holders Signature: _____

Suggested Packing List

WHAT TO BRING

Sleeping Bag / Doona & Bottom Sheet	Handkerchiefs / box of tissues
Pillow	Writing Pad
Pillow Case	Pen or Pencil
Towel (Bath)	Gumboots
Toiletries	Good Walking / Hiking Shoes (preferably waterproof)
Underwear	Raincoat & Hat
Pyjamas	Wide-brimmed Sunhats and Sunscreen
Warm Jumpers	Lip Balm / Chap-stick
Comfortable long pants (tracksuit pants or leggings)	Roll-On / Cream Insect Repellent
Socks	Beanie / Scarf / Gloves
Runners	Thongs
T-Shirts	Slippers
Shorts / Skirts	Plastic Bag for Dirty Clothes
Torch	Drink Bottle

Special Note: Children should be involved in the packing process so that they are well aware of their own belongings and are able to pack their bag efficiently at the end of camp.

IMPORTANT

- Children should bring sufficient clothing, for all weather conditions, for the entire three days.
- All clothing should be clearly marked with your child's name!
- Please do not tie parcels or sleeping bags to suitcases.
- Special Note: Children should be involved in the packing process so that they are well aware of their own belongings and are able to pack their bag efficiently at the end of camp.
- ANY MEDICATIONS MUST HAVE YOUR NAME AND DOSAGE CLEARLY LABELLED ON IT AND GIVEN TO A TEACHER
- LONG PANTS, SHOES AND SOCKS MUST BE WORN OUTSIDE ALL YEAR ROUND WHILE PARTICIPATING IN ALL
- ADVENTURE ACTIVITIES. PLEASE BE AWARE CLOTHING MAY GET WET, DIRTY OR DAMAGED WHEN
- INVOLVED IN ADVENTURE ACTIVITIES.

Hand luggage to take on bus with you:

- Morning tea and drink (in disposable wrapping)
- Pen/pencil
- Camera (optional)
- Book to read
- Cap/hat
- Sunscreen/insect repellent

WHAT NOT TO BRING

Good Clothes	Valuable Items
Computerised /electronic Games	Money
Lollies or chewing gum	Radio

Camp Rumbug General Information

Camp Rumbug Foster North (an ACA accredited campsite) is located in South Gippsland and is set in over 30 acres of glorious natural bushland, and is the perfect environment for children to immerse themselves in the quintessential Australian flora and fauna experience.

The campsite accommodates all campers under one roof in clean single-sex bunk style rooms close to leaders' rooms. With a huge shared dining room for maximum interaction during meal times and indoor activities, weather is never a factor. Tent style accommodation exists on site too for outdoor adventure camps.

The bushland setting with stunning views of surrounding hills and a distant Waratah Bay offer many fun and challenging activities including canoeing, rock climbing and abseiling, archery, ropes courses over land and water, as well as a huge outdoor campfire area. www.pgladventurecamps.com.au



Student Behaviour Consent Form

Grade 4 Camp Rumbug

Student Behaviour

I understand that in the event of my son's/daughter's misbehaviour or behaviour that poses a danger to him/ herself or others during the excursion, he/she may be sent home. I further understand that in such circumstances I will be informed and that any costs associated with his/her return will be my responsibility.

General Rules

- Follow all camp rules
- Listen to Teachers, Helpers & Instructors
- Be respectful of other people, property and the environment.

Student Consent

I have read the above information and have discussed it with my parent/guardian.

Student Name: _____

Student Signature: _____

Parent Consent

I have read all of the above information provided by the school in relation to the Somers Camp, including any attached material.

I give permission for my daughter/son _____
(full name) to attend the Grade 4 Camp Rumbug.

Parent Name: _____

Parent Signature: _____

Date: _____

In case of emergency I can be contacted on:

Contact A: _____

Contact B: _____



VICTORIA'S LEADING ADVENTURE CAMP

PARENTS DIETARY INFORMATION

Camp Rumbug strives to give the very best to your children while they are at camp. Due to the isolated nature of our camp site we may have difficulty sourcing all special dietary requirements that your child may need and complex medical/dietary requirements cannot necessarily be met by us. We cannot guarantee availability of products stated on the menu or their ingredients.

IF YOUR CHILD HAS:

1. **ANY SPECIAL DIETARY REQUIREMENTS which are NOT life threatening/severe:** (FOR LIFE THREATENING / SEVERE CONDITIONS – SEE POINT 2.)

Please view the alternatives menu to see if there is a suitable option.

- This includes requirements due to mild intolerances, preferences and cultural/religious requirements relating to food.

Parents/guardians will need to return a Special Dietary Needs Form and supply suitable alternative foods in place of any unsuitable foods listed on the standard camp menu.

- E.g. if your child is unable to eat the lasagna, you will need to supply an alternative meal for that dinner, but Camp Rumbug will supply all other meals.
- E.g. if your child requires soy milk on their cereal, you will need to supply soy milk
- **Vegetarians:** we are able to cater for vegetarian diets but a Special Dietary Needs Form must still be completed. We recommend that vegans supply suitable alternative foods.

- **Menu is Subject to Change:**

When considering your child's requirements, please note that our menu and specific ingredients are subject to change without notice. This may occur, for example, when suppliers are unable to supply required items or ingredients change without notice. Please ensure your child's school is fully informed of the details of your child's requirements (see Special Dietary Form) and that you supply enough alternatives.

OR

2. **SEVERE ALLERGIES / ANAPHYLAXIS / LIFE THREATENING CONDITIONS:**

- Unfortunately, despite our best intentions and efforts, we are not able to guarantee that the food we provide will meet your child's requirements. This may occur, for example, where suppliers substitute items without notice or where manufacturers change ingredients without notice.
- We will not charge you for the food component of your child's camp fee in these circumstances and you should contact your child's school for reimbursement.
- See below for "Where Food is Supplied by Parents/Guardians".

We strongly recommend that parents/guardians of these children provide ALL of their child's food for the duration of camp, as we consider this to be the safest option for the child. A Special Dietary Needs Form must be returned.



VICTORIA'S LEADING ADVENTURE CAMP

WHERE FOOD IS SUPPLIED BY PARENTS/GUARDIANS:

Please send food items that:

- are easily served with minimal preparation (ie. frozen meals to be thawed/heated)
- are clearly marked including the child's name and school
- are as close as possible to the camp's standard menu, so your child feels included
- do not include nuts, as they are a common allergen and may pose a risk to others
- are transported to camp under the appropriate food handling and safety requirements (see attached reference (P.12) – Food Safety Victoria)

NUT PRODUCTS

Please note Camp Rumbug endeavors to have no nut products onsite. However, some foods onsite are labelled as 'may contain traces of nut or nut product' or 'manufactured on equipment that may produce products containing nuts or nut product', or similar phrases.

SPECIAL DIETARY NEEDS FORM

A Special Dietary Needs Form must be completed for every person attending camp who has special dietary needs, whether or not they are supplying their own food. This includes people with severe and life threatening conditions, mild conditions, medical conditions and cultural/religious requirements relating to food.

Supervision of children's special dietary requirements while on camp is the responsibility of the school's Teacher/Leader in charge of Dietary Needs. Please ensure you have completed and returned a special dietary needs form for your child and you have discussed their needs with the Teacher/Leader in charge of Dietary Needs.



SPECIAL DIETARY NEEDS FORM

This form must be filled out by all campers who have a special dietary requirement or food allergy.

NAME OF STUDENT / CAMPER: _____

NAME OF PARENT / GUARDIAN: _____ CONTACT PHONE: _____

DIETARY / ALLERGY PARTICULARS: _____

We **strongly recommend** that parents/guardians of children with severe / life threatening allergies provide **ALL** of their child's food for the duration of camp, as we consider this to be the safest option for the child. Refer to Point 2 of Parent's Dietary Information Sheet.

Allergy	Trigger/ Reaction (eg. Touch, consumption)	Anaphylaxis Y/N	Can eat foods that "may contain traces of the allergen" Y/N	Rumbug meals camper cannot eat (eg. Lasagne)	Rumbug replacement option chosen (eg. Pastie)	Meal replacements brought from home Y/N Details	Medication required for allergy Y/N Details

Comments:.....

PARENT'S / GUARDIAN'S SIGNATURE: _____

Please send completed form back to your school 4 weeks before camp

I have read and understand
Parent dietary information ☐

NAME SCHOOL / GROUP: _____ DATE: _____

SCHOOL'S TEACHER / LEADER IN-CHARGE OF DIETARY NEEDS: _____

Supervision of children's special dietary requirements while on camp is the responsibility of the school's Teacher/ Leader in charge of Dietary Needs. Please introduce all campers with dietary needs to Camp Rumbug kitchen staff on arrival at camp.

COMMENTS:.....

I have read and understand
The Special Dietary Needs Pack ☐

Confidential Medical Information for School Council Approved Excursions

The school will use this information if your child is involved in a medical emergency. All information is held in confidence. This medical form must be current when the excursion/program is run.

Parents are responsible for all medical costs if a student is injured on a school approved excursion unless the Department of Education is found liable (liability is not automatic). Parents can purchase student accident insurance cover from a commercial insurer if they wish to.

Excursion/program name: **Camp Rumbug**

Date(s): **Monday 11th September – Wednesday 13th September 2017**

Personal Information

Student's full name: _____

Student's address: _____

Postcode: _____

Date of birth: _____ Year level: _____

Parent/guardian's full name: _____

Name of person to contact in an emergency (if different from the parent/guardian):

Emergency telephone numbers: After hours _____ Business hours _____

Name of family doctor: _____

Address of family doctor: _____

Medicare number: _____

Medical/hospital insurance fund: _____ Member number: _____

Ambulance subscriber? ☐ Yes ☐ No If yes, ambulance number: _____

Please indicate if Ambulance cover is included within your Private Health Insurance Fund: ☐ Yes ☐ No

Is this the first time your child has been away from home? ☐ Yes ☐ No

Please tick if your child suffers any of the following:

- | | | |
|---|--|---|
| <input type="checkbox"/> Asthma (if ticked complete Asthma Management Plan) | <input type="checkbox"/> Bed wetting | <input type="checkbox"/> Blackouts |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Dizzy spells | <input type="checkbox"/> Heart condition |
| <input type="checkbox"/> Sleepwalking | <input type="checkbox"/> Travel sickness | <input type="checkbox"/> Fits of any type |

☐ Other: _____

Allergies

Please tick if your child is allergic to any of the following:

☐ Penicillin ☐ Other Drugs: _____

☐ Foods: _____

☐ Other allergies: _____

What special care is recommended for these allergies? _____

Year of last tetanus immunisation:

(Tetanus immunisation is normally given at five years of age (as Triple Antigen or CDT) and at fifteen years of age (as ADT))

Medication

Is your child taking any medicine(s)? ☐ Yes ☐ No

If yes, provide the name of medication, dose and describe when and how it is to be taken.

All medication must be given to the teacher-in-charge. All containers must be labelled with your child's name, the dose to be taken as well as when and how it should be taken. The medications will be kept by the staff and distributed as required. Inform the teacher-in-charge if it is necessary or appropriate for your child to carry their medication (for example, asthma puffers or insulin for diabetes). A child can only carry medication with the knowledge and approval of both the teacher-in-charge and yourself.

Medical Consent

Where the teacher-in-charge of the excursion is unable to contact me, or it is otherwise impracticable to contact me, I authorise the teacher-in-charge to:

- Consent to my child receiving any medical or surgical attention deemed necessary by a medical practitioner.
- Administer such first-aid as the teacher-in-charge judges to be reasonably necessary.

Parent/guardian's full name: _____

Signature of parent/guardian: _____

Date: _____

The Department of Education requires this consent to be signed for all students who attend government school excursions that are approved by the school council.

Note: *You should receive detailed information about the excursion/program prior to your child's participation and a Parent Consent form. If you have further questions, contact the school before the program starts.*