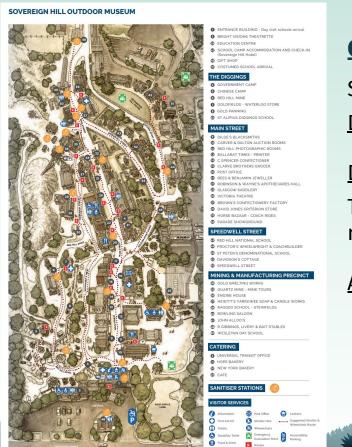


Sovereign Hill Camp





CAMP DETAILS -

Sovereign Hill, Ballarat

<u>Dates</u>: Monday June 24th to Wednesday June 26th

Depart from school: Monday at 9:00 am

There is no need to get to school earlier than normal - arrive at 8:30am

Arrive back at school: Wednesday at 3:00 pm

GETTING THERE - We will travel by bus and each student will have a seat belt.

STAFF ATTENDING - All of the current LC2 teaching team, support staff, and some members of the leadership team.

SLEEPING ARRANGEMENTS - Dormitory style accommodation on site. Dedicated girls and boys rooms with bathroom facilities



FOOD -

Students need to bring their own lunch and snack for Monday 24th. All other meals will be catered for by the camp staff. Please also bring a water bottle to be refilled while at camp.

Children may bring 1 packet of wrapped lollies or snacks to have in their dormitories - these are not to be shared.

Meals are served in the dining area and allergies, anaphylaxis and dietary requirements are planned and catered for very well.



Changes to Medication Requirements

There have been a number of changes that the school is mandated to follow regarding administering medication to students. As per the new policy issued by MACS (Melbourne Archdlocese Catholic Schools), any medication that has to be administered to students at school (or camp) need to have the Medication Authority Form completed and authorised by the health practitioner. These authorisation forms can be completed by your doctor or pharmacist.



The school will not be able to administer any medication without the Medication Authority Form. Please ensure that these medication forms are completed by the time we depart from camp. All medication should be in their original package/s with dosage and instructions clearly visible.



Medication Authority Form

- this **must be completed by a GP or pharmacist** if your child requires any medication while we are away
- this is even a requirement for panadol and nurofen
- if the school already has a copy of this (eg: asthma or anaphylaxis) then you do not need to have another one filled in
- to find this form online you can access this via the school website under the **CHILD SAFETY** tab and then select **POLICIES**.
- alternatively, please see school office staff for one of these forms





No. 24 Prices.

MEDICATION -

- Kristina will be in charge of all medication. Please see them on the morning we leave to hand medication in.
- We will be bringing any school Ventolin or Epipens for all children with Asthma or Anaphylaxis plans. You do not need to bring those things.
- With the exception of asthma puffers, no medication is to be in children's bags or rooms
- Please ensure all medical information is updated on the Parent Portal on ICON



CAMP COSTS -

\$400 per child - this will be added to school fees via the office if you consent for your child to attend camp. If you have a Health Card, you may be entitled to the CSEF government funding support for camps. Please see the office for further details.

AURA Sound & Light Show



Students come to school wearing casual clothes suitable for the activities planned for.

WHAT CLOTHING TO PACK -

- ★ 2 pair of long pants/tracksuit
- ★ 2 to 3 t-shirts
- ★ 2 jumpers or windcheaters
- ★ 1 jacket (waterproof ideally)
- ★ 1 beanie
- ★ Extra pair of sneakers
- ★ 1 pair of thongs
- ★ 1 hat (can be school hat if you like)
- ★ 1 or 2 pair of pyjamas
- ★ 3 sets of underwear and socks

WHAT ELSE TO PACK -

- ★ A pillow
- ★ Sleeping bag
- ★ 1 towel
- ★ Toiletries soap, toothbrush and toothpaste, roll-on deodorant, hairbrush
- ★ Drink bottle, snack & lunch for Monday

Students are **NOT** to bring any electronic devices.

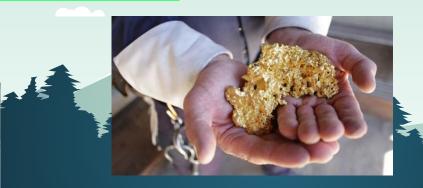
Students may bring up to \$20 to purchase from the Confectionary store/souvenirs, which they must be responsible for.

The focus of this camp is to participate in education activities related to our History Inquiry in Term 3.

Camp Activities

Confectionary Demonstration

Gold fever education session



AURA Sound & Light show





Pantomime

Underground Mine Tour

The Labyrinth

Aboriginal People education session



Develop friendships and social skills

Camp is an opportunity to develop a range of social skills and new friendships by connecting with other students.
Activities will involve problem solving skills also.

Develop independence skills

For many campers this is the first time away from home. Parents are not there to pick up after them and remind them to do things.

Learn new skills

Campers are exposed to a lot of activities that they may not have tried before. Camp is an adventure and an opportunity to go beyond our comfort zones.

Develop history skills

As this is an educational camp, heavily linked to the history curriculum which will be the focus of our Term 3 inquiry, it forms an important part of the learning for Term 3.



Camp Anxieties

Some common camp worries:

- Not being able to sleep properly
- Not liking the food camp will offer
- Who they will be sharing a cabin with
- Not enjoying the activities camp will offer
- Feeling homesick, and so on.

Although these are understandable concerns, it is important to help kids feel more positive about camp and to overcome the fear of not enjoying camp.



Reducing Camp Anxieties

Being prepared is important:

Please ensure that your camper can -

- Organise their own clothing and belongings
 - Good idea to pack together
 - Practise rolling a sleeping bag
- Have sleepovers
 - Stay over at friends / relatives to experience being away from home
- Talk about camp activities and challenging themselves
- Discuss worries / concerns with you and their teacher
- Shower independently





Reducing Camp Anxieties





Some reminders for Mum and Dad:

Please do -

- Tell your children that you want them to have fun.
- Make sure they go off to camp with your blessing, not carrying your anxiety.

Please don't -

- Say "Mummy and Daddy will miss you so much"
- Say "I wish I could come and look after you"
- Cry on the morning of camp or at the bus
- Turn up at the campsite

What's Next?

- If you have any questions or concerns, please make contact with your child's teacher via Dojo.
- The staff will work with students who are anxious about camp discussing strategies they can use while away.
- Regularly check in with your child to see how they're feeling about camp.
- Encourage them to ask any questions they may have.
- Feel free to have a look at the Sovereign Hill website to find out more:
 https://sovereignhill.com.au/

Questions?

• If you have any questions or concerns, please make contact with your child's teacher via Dojo.

