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3 February 2020

Year 10 Youthworks Outdoor Camp 2020 Springwood, Blue Mountains

Our Year 10 Outdoor Camp to Springwood is promising to be a fantastic time to strengthen relationships with and between students. The outdoor activities program is designed to be fun whilst developing our relationship with God, teamwork, cooperation and mutual dependence. As a staff we are looking forward to an invaluable opportunity to meet and learn more about each student in Year 10 and to teach them more about God and His world.

Dear Parents/Carers of Year 10 students

Please consider carefully the following information about the 2020 Camp to Springwood, Blue Mountains.

Purpose: Camps are a wonderful opportunity for students to build relationships with those around them. They are able to strengthen relationships with existing friends as well as generate new friendships with different people. Being the beginning of their more serious schooling it is a very valuable time for them to grow in relationship with each other and their teachers. The camp also aims to provide an opportunity for students to grow in their knowledge and appreciation of each other, and to spend time studying God's Word together.

Time: We will leave the College at 6:30am sharp on Wednesday 19 February; therefore, students need to be at the College by 6:15am to allow time for packing of buses, roll marking, final instructions, etc. Students will return at 7pm on Friday 21 February, which will require students to be picked up by their parents / carers. We will be travelling by coach and a car; the bus trip is considered to be a vital part of this excursion and we expect students to behave sensibly.

Staff: Supervising staff will be Mrs Wallis (Leader), Mr Colville, Mrs O'Brien, Mrs Peterson and Mrs Fealy.

Accommodation: We will be staying at the Blue Gum Lodge which is situated at 6 Sels Avenue, Springwood. Students will be sleeping in dormitory style accommodation, facilities include a large dining hall and kitchen, recreation/meeting hall, games room and activity areas.

Meals: Students will need morning/afternoon tea and lunch packed for the first day. Meals on site are catered for. Please be aware that some students suffer severely from allergies to nut products and therefore we ask that any food brought on camp does not contain nuts. To avoid potential problems, students will not be permitted to eat on the bus. Blue Gum Lodge is a nut-free zone. Please complete Dietary forms attached.

Activities: A range of activities will be run throughout the excursion. Activities include mountain bike riding, abseiling, archery and group sessions.

Health and Safety: A note from Youthworks.

We request that any student or adult who has had contact with a confirmed case of Novel coronavirus in the last 14 days be kept away from camp. Furthermore any student or adult who has travelled to Wuhan and Hubei within 14 days of camp should also be kept away from camp.

“...empowering students to make a difference”

Taree Christian Community School Limited (trading as Taree Christian College) is an educational ministry of Taree Baptist Church.

www.tareeccs.nsw.edu.au

ABN 92 003 351 915

ACKNOWLEDGEMENT OF INFORMATION

CIGARETTES, ALCOHOL AND PROHIBITED SUBSTANCES ON CAMPS

Please be aware that if a student is found to be in possession of cigarettes, alcohol or any prohibited substance while on a College camp they will be withdrawn from the activity and parents will be required to collect their child or come to some other appropriate arrangement with the teacher in charge to get them home. Compromising the excursion by such wilful behaviour will not be accepted. Given the clarity of this requirement parents/carers are urged to instruct their children accordingly.

General Comments:

- a) Since one of the aims of the excursion is to encourage interaction among the students, social media players are not to be brought.
- b) Mobile phones are not needed on camp and must not be brought; students can be contacted via staff mobile if needed urgently. (Mrs Wallis 0429 038 172)
- c) If your child suffers from travel sickness it would be appreciated if you could provide them with suitable medication. This will need to be given to staff on the morning of departure, clearly labelled with your child's name and dosage instructions.
- d) If your child has specific dietary requirements it may be wise to give them extra snacks to have for travelling, where we cannot guarantee the provision of appropriate food.
- e) While all care will be taken, the College and staff will not be responsible for lost property. Please help your child look after their belongings by clearly labelling each item.
- f) If students would like to meet with any family who are in the area, this should be negotiated with Mrs Wallis prior to the excursion and a written permission note sent with your child.
- g) The itinerary for the excursion is attached. It is possible that some minor changes will occur. Please feel free to contact us if you have any questions about this excursion. If you need to contact us during the trip, the College Administration staff will be able to assist you.

Please complete the attached permission form acknowledging that you have read the Camp information. Please include clear details of any medication which will be brought on camp and dietary needs of your child.

Please return completed forms (Consent and Dietary) to your child's class Roll Call teacher by Friday 7 February 2020.

Please ensure all student details, particularly Emergency Contact Numbers, are correct on the Parent Portal before Tuesday 18 February 2020.

Mrs Wallis
TAS Faculty
0429 038 172

Mr Green
Head of Secondary

Yr 10 Youthworks Outdoor Camp

Springwood, Blue Mountains

Wednesday 19 February– Friday 21 February 2020

ITINERARY

Wednesday 19 February

6:30am	Depart TCC	5.00pm	Free Time / Showers
11:30am	Arrive Blue Gum Lodge1	5.45pm	Meal Service Group D
11:55am	Group Time	6.00pm	Dinner
12.10pm	Lunch (brought by student)	7.15pm	Evening Program (Teachers)
1:10pm	Activity 1	9.00pm	Supper
2:55pm	Afternoon Tea (brought by student)		Devotions
3.15pm	Activity 2		Evening Activity
5:00pm	Free Time	10.00pm	Lights Out
5.45pm	Meal Service Group A		
6.00pm	Dinner		
7:15pm	Evening Program		
9:00pm	Supper		
10.00pm	Lights out		

Thursday 20 February

7:00am	Rise and Shine!
7.15am	Meal Service Group B
7:30am	Breakfast
9.00am	Christian Discovery Activity 3
9:50am	Morning Tea
10.10am	Activity 4
11:55am	Meal Service Group C
12:10pm	Lunch
1.10pm	Activity 5 (includes Afternoon Tea)

Friday 21 February

7:00am	Rise and Shine!
7.15am	Meal Service Group A
7:30am	Breakfast
8.50am	Christian Discovery Activity 6
9:40am	Morning Tea
10.00am	Activity
11:45am	Pack up / Clean Up
11:55	Meal Service Group B
12:05pm	Lunch
12:40pm	Group Debrief
12:55pm	Travel home, stopping for food at Heatherbrae
6:30 - 7.00pm	Arrive TCC

What To Bring List 2020

Clothing While on Camp

Please pack the following clothing for around camp and on activities:

- T-shirts (with covered shoulders and mid-drifts)
- Shorts (at least one pair that are mid-thigh length or longer for harness activities)
- Jumpers/Jackets
- Long Pants
- Socks & Underwear
- Closed in, comfortable footwear for activities (e.g. joggers, sneakers, hiking boots. Do not bring ballet flats, ugg boots or open toed sandals for activities) Thongs may be worn in the shower
- Rain jacket (activities will still go ahead in rain so please come prepared)
- Pyjamas

Bring the following items if you are participating in water activities:

- Enclosed shoes that can get wet (wet shoes, old joggers - no crocs or thongs)
- Swimmers, rash vest/t-shirt, board shorts
- Towel

Optional Extras

You may choose to bring the follow items to camp:

- Beanie & gloves
- Snacks (please do not bring any products that contain nuts)

Essentials for Camp

- **BYO Snacks & Lunch for first day**
- Toiletries (soap, toothbrush, toothpaste, shampoo/conditioner)
- Towels (for showering & for water activities if applicable)
- Sleeping Bag, bed sheet, pillow case (each bed has a doona and pillow)
- Back pack / day bag to take to activities
- Torch
- Sun cream
- Insect repellent
- Personal Medication (if needed)








For Every Activity

The following items need to be bought/worn to every activity:

- Hat
- Enclosed shoes
- Water bottle
- Sun cream
- T-shirt / top (with covered shoulders and mid-drift)
- Rain jacket (if chance of rain)

*Some activities require additional items. See below list for more information.

Please visit our website and scroll down for answers to Parent FAQ's <http://www.youthworkscoe.net/program-info>

 <p>Mountain Biking</p> <ul style="list-style-type: none"> • Mid-thigh length shorts or longer • Sturdy shoes 	 <p>Archery</p> <p>See 'For Every Activity' List above</p>
 <p>Macro Initiatives</p> <p>See 'For Every Activity' List above</p>	 <p>Christian Discovery</p> <p>Optional items:</p> <ul style="list-style-type: none"> • Bible • Notepad & pen
 <p>Climbing</p> <ul style="list-style-type: none"> • Mid-thigh length shorts or longer • Long hair tied back • Sturdy shoes 	 <p>Abseiling</p> <ul style="list-style-type: none"> • Mid-thigh length shorts or longer • Long hair tied back • Sturdy shoes
 <p>Night Activity</p> <ul style="list-style-type: none"> • Enclosed Shoes • Jumper • Torch • Rain jacket (if chance of rain) 	

Year 10 Camp Consent Form 2020

I have read and acknowledged the information about the 2020 Year 10 Outdoor Camp at Blue Gum Lodge, Springwood Blue Mountains.

I give permission for my student to attend the Year 10 Camp from Wednesday 19 until Friday 21 February 2020 and engage in the included activities. I understand that they will travel by coach.

To the best of my knowledge my child has no medical condition, disability or injury which puts them at risk participating in the activities at camp. In the event of illness or injury I authorise the seeking of such medical assistance, on my behalf, that my child may require.

Student Name				Year 10 B / M
Parent/Carer Name			Parent/Carer Signature	
Parent/Carer Contact Number				
My child's swimming ability	<input type="checkbox"/> Strong	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Weak	
MEDICAL INFORMATION				
Medicare Number				
PARACETAMOL: Would you please indicate whether your child may be given paracetamol to relieve short term pain such as headache, sprain.			Yes	No
Medical Information				
Does your child have regular medication? (please circle)			Yes	No
<i>All medications must be given to staff clearly marked with the student's name and dosage requirements. Staff will administer the medication. This includes Panadol, etc.</i>				
Medication				
Dosage				
Dietary Requirements	Please complete attached form.			
Transport Arrangements				
Pick Up Request on 19 Feb			Drop Off Request for Friday 21 Feb	
<input type="checkbox"/> Taree Christian College at 6:30am <input type="checkbox"/> Taree Service Centre at 6:45am <input type="checkbox"/> Nabitac Bus Shelter near Hotel at 7:00am			<input type="checkbox"/> Nabitac Service Station at 6 – 6:30pm <input type="checkbox"/> Taree Service Centre at 6:45pm <input type="checkbox"/> Taree Christian College at 7:00pm	

If Parents/Carers are not at the drop off point the student will continue on the bus for collection at Taree Christian College.

Any other comments or concerns:

Youthworks Dietary Requirements Form



School Name:	
Camp Dates:	

Student Name:	
Parent Name:	
Contact number:	
Contact Email:	

1. What are the dietary requirements for this student?

- | | |
|---|---|
| <input type="checkbox"/> No Gluten | <input type="checkbox"/> No egg |
| <input type="checkbox"/> Coeliac | <input type="checkbox"/> No raw egg |
| <input type="checkbox"/> Vegetarian | <input type="checkbox"/> No shellfish |
| <input type="checkbox"/> No Peanuts/Tree nuts | <input type="checkbox"/> No seafood |
| <input type="checkbox"/> No Dairy | <input type="checkbox"/> Diabetic |
| <input type="checkbox"/> No Lactose | <input type="checkbox"/> Halal (vegetarian menu will be provided) |

- ☐ Other- please provide more detail / information if needed:

2. Does this student have anaphylaxis?

- ☐ Yes – please include an anaphylaxis action plan
- ☐ No

3. Can this student consume products with the label "may contain traces of" their allergen?

- ☐ Yes
- ☐ No - please read below

We are happy to cater for guests unable to consume traces of their allergen by providing an alternate meal. If we have concerns about catering for the allergens listed we will be in contact to arrange alternate plans.

Parents of children with severe allergies may feel more comfortable sending their child to camp with their own food. Whilst not necessary, we completely understand. If this is your preference please indicate below if your child will be bringing their own food. Youthworks centres provide basic items like a fridge, hot water, toaster, and microwave that can be used to reheat meals, however no cooking facilities are available.

4. Will this student be bringing their own food to camp?

- ☐ Yes
- ☐ No

Please include further information if necessary

Hi there,

We are really looking forward to having your child on camp with us at Youthworks!

We love to provide a menu that is wholesome, generous and tasty for our guests. Furthermore, we want you to have confidence that not only do we take pride in our quality and quantity of menu items, but also in our high standards of food safety. Nowhere is this more important than in the area of allergies and dietary requirements.

For parents this can be an area of great concern when preparing to send students away on a camp. This is where the experience and expertise of the Youthworks catering team will help you to rest easy. We've been doing this for over 30 years and we want to take the stress out of your child's dietary needs... and we're really good at it!

As Christians, our worldview means that we care for each and every individual and believe that there should be no barriers to a student getting the most out of camp, regardless of any special needs or dietary requirements they might have. Not only do we want every student to go home with great memories, but we also want to free them from any anxiety or inconvenience prior to, or during their stay.

So with this in mind, our highly trained catering team are ready to make the experience of you and your child as carefree and tasty as can be. We're not just allergen aware, but we go out of our way to make sure anyone with an allergy or dietary requirement feels cared for. Of course there are limitations to our kitchen capabilities just as there are in your own home, restaurant or supermarket, but regardless, our commitment to you and your children is one of quality and care.

Students with dietary needs will find an individually labelled meal with their name on it waiting for them at the food service area for each meal where they require an alternative. Unlike some experiences they'll have in life, they won't have to wait until last or miss out on eating with their friends! To assist us in the preparation of delicious meal alternatives for any students with special dietary requirements, please be sure to advise your teacher at least 3 weeks prior to camp.

Our kitchens do not cook with nuts due to the high level of allergen issues that surround these ingredients, so I'm sorry to say that if you're a lover of satay foods you won't be seeing that on the menu. As you would know from your own kitchen and supermarkets, there are products that we order from our suppliers where the manufacturer indicates that the item "may contain traces of" a specific allergen. If your medical advice is that your child could have an anaphylactic reaction to items containing "traces of" their allergen, and you don't feel confident in their ability to pick and choose around concerning menu items, please instruct their teacher to tick our 'no traces' box on the dietary requests form for camp. If this box is ticked your child will be given our 'allergen friendly menu' If you would like to talk someone about this menu we are more than happy to put you in touch with our catering manager.

If you decide that you would be more comfortable sending your child to camp with all of their meals and food for camp prepared at home, we'll ensure there are basic items like a fridge, hot water, toaster, and microwave are available for them to store and reheat these meals (for the little ones a teacher or parent helper will need to assist).

Fruit, bread and spreads (including gluten free bread) are available at all meal times to supplement any meal item that the student might choose to skip.

I hope you find this information helpful. If you would like to know more or have questions about your child's specific dietary needs, please feel free to contact the teacher organising your camp and they can pass on the contact details of the appropriate Youthworks staff member.

Sincerely,

Youthworks Catering Team