

2023 Year 3/4 Camp

Manyung Recreation Camp
November 29th, 2023

General camp information

CAMP DETAILS -

25/35 Sunnyside Rd, Mount Eliza

Dates:

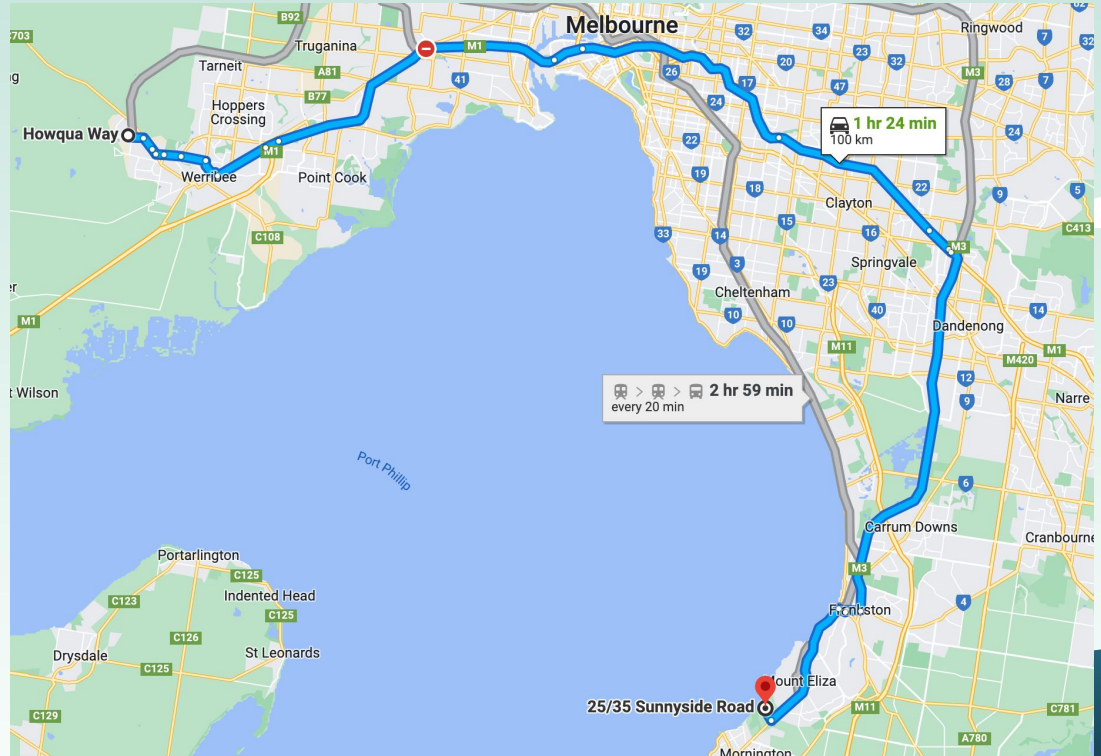
Wednesday 29th November to
Friday 1st December

Depart from school:

29/11 at 9:15 am

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

Arrive back at school: 1/12 - 3pm



General camp information

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

STAFF ATTENDING - LC4 staff and additional staff to be confirmed.



General camp information

SLEEPING ARRANGEMENTS -

- ✓ Dormitory style accommodation on site. The bedrooms sleep between 4 - 7 people in them.

Bunk rooms are dedicated girls and boys rooms with bathroom facilities. The teacher rooms, though separate, are in the same building.

The 3/4 teachers will arrange cabin groups.



General camp information

FOOD -

Students need to bring their own lunch and snack for Wednesday 29th November. All other meals will be catered for by the camp staff.

Children may bring 1 packet of wrapped lollies or snacks to have in their dormitories - these are not to be shared. Please be mindful of allergies and so we ask for nothing that contains nuts.

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 Archdiocese Catholic Schools), any medication that has to be administered to students at school (or camp) needs 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 for camp. All medication should be in their original package/s with dosage and instructions clearly visible.



General camp information



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



General camp information



MEDICATION -

- Sandy will be in charge of all medication. Please see Sandy 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.



General camp information

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 CSF government funding support for camps. Please see the office for further details.



Camp Activities



Archery

Beach Carnival

Bike Skills

Crate Climb

Giant Swing

Leadership Challenge



Marine Discovery

Raft Building

Risky Kids

Sustainability Program

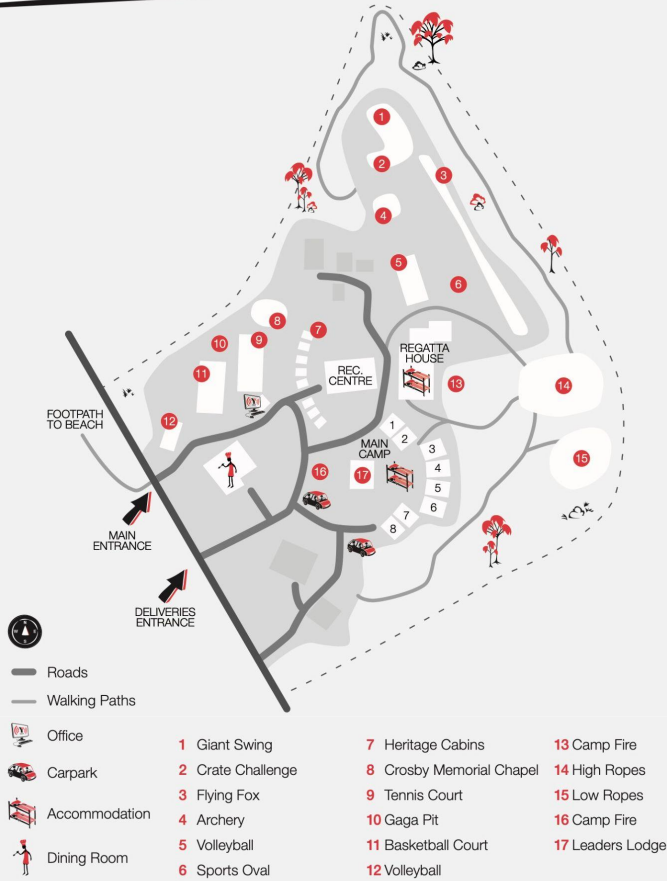
Tree Rolling

Water Safety



CAMP MANYUNG RECREATION CAMP

SITE MAP



General camp information

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

WHAT CLOTHING TO PACK -

- ★ 2 pairs of shorts
- ★ 2 pairs of long pants/tracksuit
- ★ 2 to 3 t-shirts
- ★ 1 jumper or windcheater
- ★ 1 jacket
- ★ Extra pair of sneakers
- ★ 1 pair of thongs
- ★ 1 hat (can be school hat if you like)
- ★ 1 pair of pyjamas
- ★ 3-4 sets of underwear and socks

WHAT ELSE TO PACK -

- ★ A pillow
- ★ Sleeping bag
- ★ 1 towel
- ★ Toiletries - soap, toothbrush and toothpaste, roll-on deodorant, hairbrush, sunscreen
- ★ Plastic bag for dirty clothes
- ★ Sunscreen

LABEL Everything

Please make sure everything has your child's name on it.

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

Benefits of school camp



Develop friendships and social skills

Camp is an opportunity to develop a range of social skills and new friendships by connecting with other students. Camp involves teamwork and problem solving.

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.

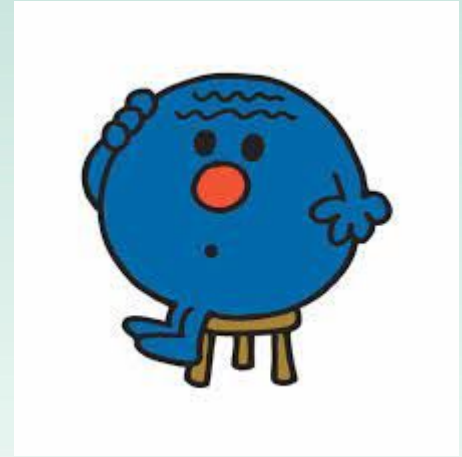
Further develop decision making skills

Some activities involve problem solving, decision making and working collaboratively. Campers are given opportunity for making their own choices.

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



Do's



Don'ts

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?



- Please remember that camp is part of our curriculum and attendance at camp is an expectation
- 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



Questions

