Dear Parent/Guardian,

Next year’s Grade Eight Camp will be at Maria Island during the week of the 20th – 24th February 2017. As camp is to be held very early in Term 1 we are commencing preparations during the final weeks of Term 4. It is important that all parents and guardians read this information and return the permission form and updated medical information by this Monday the 28th November 2016.

The students will be in their core classes for the camp which will run over 4 days. The Core classes will be announced on the first day back at school term 1 2017.

- Core A & B will be on camp from Monday 20th to Thursday 23rd February 2017.
- Core C & D will be on camp from Tuesday 21st to Friday 24th February 2017.

The camp is designed to take advantage of the environment and history of Maria Island and provide students with a variety of Outdoor Education activities, opportunities for examining personal spirituality and connection to the natural environment as well as the chance to get to know other students and staff on an informal basis.

The camp will challenge the students and compliment their classroom studies. Emphasis is placed on students negotiating roles and developing their resilience, confidence, co-operation skills, independence and responsibility for their actions, and being resourceful in the face of challenges and uncertainty.

Students are encouraged to be self-sufficient for four days, organising themselves, carrying their own equipment and being responsible for preparing their own breakfasts and lunches and one meal (2 meals will be catered). Students will spend 2 nights in tents and one night in the simple penitentiary accommodation on the island. All students will experience a 2-day bushwalking expedition to Frenches Farm, coastal rafting, and challenging walk up the Bishop and Clerk mountain, and an orienteering treasure hunt. The activities are designed to be challenging but achievable for all students.

The benefits of Grade 8 camp are many and varied and over the course of the 4 days students will have the opportunity to:

• Discover that challenges can be faced and overcome with persistence and cooperation.
• Understand themselves through quiet contemplation and reflection.
• Experience authentic learning within a natural and unfamiliar environment.
• Build mutually supportive friendships and an enduring group spirit.
• Face challenges individually and as part of a team.
• Practice intelligent behaviours that promote resilience, resourcefulness, responsible risk taking and reflectiveness.
• Engage in critical, creative and caring thinking.
• Explore ways in which they can contribute to the sustainability of our physical environment.
As the students will be in core classes for the activities this will offer the chance to make new friends and strengthen bonds within the class to build a good team to go forward into the year to strengthen their academic studies.

**Equipment Required:**
Whilst having good outdoor clothing and equipment makes for a more enjoyable time while in the bush it is not necessary to spend a lot of money to purchase new equipment for this camp. The attached gear list will give you an idea of what is needed, but is only a guide – If your child brings good walking shoes or sneakers, a warm jumper and a decent rain jacket (not just a lightweight spray jacket) then they should have enough of the essential clothing. Below is a list of various things that will need to be considered when packing:

- Packs/Bags should weigh no more than 12 – 15 kilograms including food. The ferry operators limit students to **one bag per student** on the ferry, plus a small day pack for day trip use. If you do not have a backpack pack all items in a sports bag. If you do have a backpack please bring it as the school has a limited number of packs that we can lend to students.

- All students will be provided with a backpack for the overnight walk. These backpacks are swapped between groups as they complete the overnight walk on different days. Students will be advised on re-packing a limited amount of gear into their borrowed backpack just prior to their overnight walk.

- A Gore-Tex or similar waterproof coat is essential. This could perhaps be borrowed from a friend or relative if the student doesn’t own one already.

- **NO ELECTRONIC EQUIPMENT** is to be taken. There is no power in the camping areas and devices will be confiscated if found in a student’s possession. Students will be able to use the Sacred Heart College mobile phone if contact with home is necessary. The use of phones and devices takes away from the students being present and a functional part of the team while on camp, phones found on camp will be packed away and returned at the end of the camp.

- **NO DENIM JEANS/SHORTS or COTTON HOODIES** should be brought, a cheap polar fleece jumper from Kmart or Target is much better as it will be warm if it is wet. Denim is very uncomfortable when it is wet and takes a long time to dry. Polar fleece and quick drying track type pants/shorts are fine.

**Food/Cooking Groups:**
The camp will be semi catered with 2 dinners provided. Students will need to cater for themselves for all breakfasts and lunches and one main meal – there will be classroom sessions leading up to the camp to provide the students with some suggestions about appropriate food for camp.

Food required for camp:  
3 x Breakfasts  
4 x Lunches  
1 x Dinner  
4 days Healthy snacks

The one dinner will need to be simple to cook and able to be cooked on a stove top. This meal will be able to be prepared in the Penitentiary kitchen. Students will be given time in HPE classes the week before camp to help in menu planning and food ideas. Parents are asked to support in the buying of this food to ensure they will have a positive experience and bring appropriate, healthy, nutritious food.

Foods should NOT include canned or glass jars of food. No raw meat, chicken or cooked/sliced meat (sliced ham) other than salami, as these will go off if hot weather, no liquids – it will get heavy, powdered milk only. And limit the amount of fruit juice as this will be heavy. Important things to think about are keeping packaging and waste to a minimum, bring food that is nutritional as well as lightweight and try to avoid foods that will perish quickly e.g.: fresh fruit – bananas, chicken, fresh meat. Attached is a suggested food plan for the camp to help you with planning the menu.
**Behaviour Expectations / Respect for Surroundings:**
All students are asked to be mindful of their surroundings whilst on camp. Students will be required to remove all traces of rubbish, use existing tracks, respect wildlife, vegetation and any historical sites. Rubbish bags are included on the gear list to ensure all rubbish is taken home, not left at camp sites.

When undertaking all the activities on the camp it is integral that all students are on their best behaviour and we reserve the right to refuse participation in any activity if we deem that a student’s behaviour is unacceptable or dangerous. If this is the case the parent/guardian will be called to come and collect the student who is behaving inappropriately.

**Risk Assessment / Informed Parent Consent:**
While all of the activities we will undertake on camp are exciting and rewarding they do involve elements of risk. All the Outdoor Education instruction staff that we use are highly trained in the various outdoor activities as well as Wilderness First Aid and are more than competent in dealing with any event that we may encounter. All risks are managed using a comprehensive risk management system. All efforts will be made to make every activity safe and enjoyable for the students. Each class will be supervised by two Sacred Heart College teachers and two Outdoor Education Instructors.

Whilst Sacred Heart College undertakes a documented risk assessment, risk management and contingency planning process before the approval of any excursion, it is important to acknowledge that there are inherent risks associated with all off campus excursions in excess of those risks associated with normal on campus activities and programmes. This excursion is classified as *Category C – Overnight* and as a result requires specific consent from parents/guardians to confirm each student may participate.

**Parent/Guardian Permission – Updated Record of Student Information:**
- Included in this letter are a permission form and a record of the contact and medical details we have on file for your child.
- Please ensure you review and update all medical and contact details so we are aware of all relevant medical information and so we have the best information to look after your child whilst on camp. Forms need to be returned to the school office by Monday the 28th of November 2016.
- Please ensure the swimming ability section of the form is completed to confirm your child’s ability to participate in the planned aquatic activities.

**Departure & Return Times:**

Core A and B
- Meet in the amphitheatre at 8.40am on Monday 20th February
- Bus departs school at 9am ready to load the ferry in Triabunna at 10:30am
- Return to school by 3pm on Thursday 23rd of February.

Core C & D
- Meet in the amphitheatre at 8:40am on Tuesday 21st February
- Bus departs school at 9am ready to load the ferry in Triabunna at 10:30am
- Return to school by 3pm on Friday the 24th of February.

Please let me know by email or a phone call to the school if you have any questions and concerns.

Craig Fullarton - Quinlan House Head
Year 8 Coordinator
Email: craig.fullarton@shc.tas.edu.au

Matt Conolan.
Outdoor Education Co-ordinator
Email: matt.conolan@shc.tas.edu.au
SUGGESTED EQUIPMENT AND CLOTHING LISTS for Grade 8 Camp:
REMEMBER COLD CLAMMY COTTON CAN’T COME CAMPING!!

YOU need to supply the following:

<table>
<thead>
<tr>
<th>Check</th>
<th>QUANTITY</th>
<th>ITEM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>Overnight backpack at least 70 litres (can be provided by school – if so bring all gear in sports bag)</td>
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<tr>
<td>1</td>
<td></td>
<td>Waterproof Jacket - needs to be of good quality not just a light spray jacket.</td>
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<tr>
<td>2</td>
<td></td>
<td>Large thick plastic bags for lining the backpack.</td>
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<tr>
<td>1</td>
<td></td>
<td>Pair of good quality walking boots or good comfortable sneakers</td>
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<tr>
<td>1</td>
<td></td>
<td>Sleeping bag</td>
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<tr>
<td>1</td>
<td></td>
<td>Mug, Plate, Bowl (plastic or similar so it doesn’t break in your backpack and is not too heavy)</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>Fork, Spoon (plastic or similar)</td>
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<tr>
<td>2</td>
<td></td>
<td>1 litre Water bottle (screw top lid) you need the capacity to carry at least 2 litres of water</td>
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<tr>
<td>1</td>
<td></td>
<td>Reliable light weight head torch and spare batteries</td>
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<tr>
<td>1</td>
<td></td>
<td>Toilet paper (bring ½ a roll to save space and waterproof it)</td>
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<tr>
<td>2</td>
<td></td>
<td>Chux (type) cleaner &amp; steel wool scourer and tea towel</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>Toiletries (toothbrush, toothpaste, biodegradable soap)</td>
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<tr>
<td>1</td>
<td></td>
<td>Sunglasses</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>Sunscreen (essential)</td>
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<tr>
<td>1</td>
<td></td>
<td>High energy snacks</td>
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<tr>
<td>1</td>
<td></td>
<td>Personal First Aid Kit</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>Wool or polar fleece jumpers – please try and avoid Cotton jumpers or hoodies</td>
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<tr>
<td>1</td>
<td></td>
<td>Thin woollen polar fleece jumper or skivvy</td>
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<tr>
<td>2</td>
<td></td>
<td>Lightweight warm Long sleeved shirt</td>
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<tr>
<td>2</td>
<td></td>
<td>Board shorts or swimmers for swimming</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>T-shirts</td>
</tr>
<tr>
<td>2 pair</td>
<td></td>
<td>Polypropylene Thermal underwear Top and bottom ESSENTIAL - DO NOT BRING COTTON.</td>
</tr>
<tr>
<td>2 or 3</td>
<td></td>
<td>Synthetic Track pants or warm pants (NO DENIM or similar) PLEASE DON’T bring denim jeans or shorts!</td>
</tr>
<tr>
<td>4 pairs</td>
<td></td>
<td>2 x thick warm socks and 2 x sports socks</td>
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<tr>
<td>1</td>
<td></td>
<td>Beanie ESSENTIAL</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>Sunhat (preferably full round brim) (essential)</td>
</tr>
<tr>
<td>1 pair</td>
<td></td>
<td>Shoes, old runners/volleys (you will need a spare pair of shoes that can get wet for kayaking).</td>
</tr>
</tbody>
</table>

The following items will be supplied by the COLLEGE:

<table>
<thead>
<tr>
<th>QUANTITY</th>
<th>ITEM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Backpack – students will be provided with a backpack for the overnight walk. All gear should be brought to Maria Island in a large bag. Students will be assisted to re-pack a limited amount of gear into the backpacks just prior to the overnight walk.</td>
</tr>
<tr>
<td>2 - 3 person</td>
<td>Tent</td>
</tr>
<tr>
<td>1</td>
<td>Sleeping mat</td>
</tr>
</tbody>
</table>
Suggested Lightweight Camping Food
This is given as suggestion only.

Things to Consider:
You will need to keep the food as lightweight as possible – Avoid tins and glass jars, they are heavy and glass can break in your bag (please DONT BRING TINS or GLASS JARS!!) and packages with lots of liquid.

If you can buy dehydrated food or dehydrate your own food you will save heaps of weight.

You will need to make sure your food is of a high nutritional value to sustain your energy throughout the camp – you should also have some high energy snacks such as Dried fruit & Chocolate mix (Scroggin)

Minimise your packaging – the rubbish you take out you will need to bring back i.e. NO TINS
For Items like Milo, sugar, any powders or even pasta it is a good idea to repack them in a snap lock glad bag as this minimises bulky packaging and the bags can be used for rubbish once they are empty.

Strive Food
Orders can be made for reasonably priced dehydrated meals of great quality from Strive Food. Details can be found at this website: www.strivfood.com.au/

Food required for camp
3 x Breakfasts
4 x Lunches
1 x Dinner
4 days of healthy snack foods

Suggestions for Breakfasts
Muesli or cereal
Powdered Milk **
Dried Fruit. Or solid Fresh Fruit – eg: Apples (not bananas or anything squashable).
Muesli Bars
** Liquid Milk in a carton or even the small boxes gets heavy and is not appropriate.

Suggestions for Lunches
Flat bread, Cheese, Salami, avocado Carrots, Vegemite.

Suggestions for Dinners
Strive Dehydrated Meals or similar.
OR
Pasta
Sachets of Tomato paste.
Broccoli, Zucchini, Carrots

OR
Coconut Curry
Coconut milk Powder
Lentils, Potato, Onion, Cauliflower, Curry Powder.

Suggestions for Snacks
Muesli bars
Chocolate
Scroggin (mixed chocolate & Dried fruit)
Milo
# Grade 8 Camp 2017 Maria Island

**PLEASE RETURN THIS PERMISSION SLIP TO THE FRONT OFFICE BY**
**Monday the 28th of Nov 2016.**
*(please complete both sides of the permission form)*

<table>
<thead>
<tr>
<th>Student Name:</th>
<th>Tutor:</th>
</tr>
</thead>
</table>

## CONSENT TO PARTICIPATE

In respect of the Grade 8 Camp to Maria Island over 20th to 23rd February 2017 (Core Groups A & B) or 21st to 24th February 2017 (Core Groups C & D) as detailed overleaf, as the parent/guardian of my child named above, I give my:

1. Permission for my child named above to attend the excursion,
2. Consent for my child to travel on or in any form of public or private transport where such transport is deemed by the College to be necessary or desirable for the safe conduct of the excursion,
3. Consent for my child to participate in all activities and functions arranged as part of this excursion,
4. Consent for the College, by its servants or agents:
   5. To seek such medical or dental advice on behalf of my child as seen fit in the event of accident or illness, and if, in the opinion of an attending medical or dental practitioner or medical officer (*health practitioner*) my child requires medical or dental attention or treatment (including but not limited to the administration of anaesthetic, blood transfusion or the performance of any surgical operation), to that *health practitioner* giving such attention or treatment provided that reasonable efforts are made to inform me of any serious injury or illness,
6. Certification that the consent which I have given in paragraph 4 is valid at all times while my child is in the custody of the College while attending or participating in the excursion,
7. Certification that I understand that the College will take reasonable care in the event of my child suffering accident or illness but that it will not be responsible for the costs of any medical or dental attention or treatment administered to my child in such event nor will it be directly responsible for any act or omission of any *health practitioner* attending or treating my child,
8. Agreement that the College is not liable if any of my child’s possessions or property is damaged, lost or stolen during this excursion,
9. Agreement for my child to undertake all activities and use all equipment and materials detailed, being aware of the hazards and risks that may be involved including but not limited to slips, trips, stumbles, falls, cuts, abrasions, lacerations, sprains, strains, fractures, burns, traffic and vehicular accidents, insect, animal and snake bites and drowning.
10. Certification that it is my responsibility to provide updated medical information in writing to the College Office as required. *(Please ensure any new or updated medical or health information for your child has been provided to the College Office prior to this excursion).*

### Additional Medical Information:

Attached is the current medical information we have for your child – could you please look over this information and update anything that is needed – including contact numbers and addresses. If there are no changes it is important that you still return the form so we can confirm the current information.
CONSENT TO TAKE PART IN SWIMMING/AQUATIC ACTIVITIES

Please indicate your child’s Swimming Ability:

☐ Non-Swimmer or Weak Swimmer

☐ Intermediate (has had some experience but struggles to swim 50m)

☐ Advanced (can swim 50m with confidence)

☐ I give permission for my son/daughter to participate in water activities on Grade 8 Camp

☐ I do not give permission for my child to participate in water activities on Grade 8 Camp

Confirmation and commitment to attending the camp:
A considerable amount of logistical planning and preparation as well as a considerable budget goes into offering the camp and associated activities. All activities camps are a compulsory part of the curriculum, by signing the form below both students and parents are committing to the student attending the camp.

Student Name: ____________________________________________________________

Student Signature: _________________________________________________________

Parent Name: _____________________________________________________________

Signature: ________________________________________________________________

Contact No: _____________________________________________________________

Email: _________________________________________________________________