



6 November 2023

## Year 7 Camp 2024

Dear Parents/Guardians

During Week 2 of Term 1 2024, the Year 7 students will attend a camp for two nights/three days at Camp Cooby. Use this link [for more information on Camp Cooby](#). This camp has been designed to support the Year 7 students transition to the Secondary Campus through the development of relationships with peers, teachers, and student leaders. The camp will also focus on personal development, providing experiences that encourage teamwork, decision making and communication skills.

### Outdoor Education at TSAC

The Springfield Anglican College has a strong commitment to Outdoor Education experiences. The camp is an important part of the students' school curriculum. All activities on camp have been chosen and sequenced to meet the aims of the camp and to suit the student's age and abilities. At all times the emotional and physical safety of the students will be paramount. During all activities, students are supervised by one College staff member and one specialist staff member from Camp Cooby, who are skilled in the activity and in first aid. Student activity groups are covered by a safety network incorporating mobile phones and local medical support.

### Forms to Complete – All steps to be completed by Monday 20 November 2023

1. Confirm attendance through Parent Lounge by clicking 'Accept'. Log into Nexus and click on the Activities button on the Nexus home page to be taken to Parent Lounge. Click on 'Events and Payments', choose Year 7 Camp 2024.
2. While in Parent Lounge, check and update medical, swimming ability and parent information. Look at all tabs under 'Student Details'.
3. Complete the dietary and medical information, and emergency contact details form. ([LINK TO FORM](#))
4. If your child requires medication to administered during camp, please complete the '[Request to Administer Medication Form](#)'.

### Camp Details

**Date:** Wednesday 31 January to Friday 2 February 2024

**Times:** Rolls will be called at 7:00am and buses will depart by 7:30am from the Secondary Campus. Students will return to the College by 2:45pm – traffic permitting.

**Program Style:** Centre-based dormitory accommodation

**Location:** Camp Cooby, 239 Loveday Rd, Geham QLD 4352

**What to pack:** See student personal equipment list.

**Transport:** Students and staff will travel by chartered coach

**Medication:** Medication (*which includes over the counter medication i.e. Panadol / Nurofen*) must be given to College staff prior to departure. All medication needs to be in its original packaging, with a pharmacist's label that clearly states your child's name. The medication is to be supplied in a zip-lock bag.

***Please note: Staff are unable to administer any medication without an appropriate authorisation and instructions.***



### **Other information – Non-attendance**

Camps are part of the College curriculum. Whilst we would prefer all students to have a camp experience, we also understand that camp timing may conflict with curriculum or representative events and may be of concern for students with serious medical issues. If a student is unable to attend camp due to a serious medical condition, it is important this matter is discussed with me with priority. You will be required to provide the College with a Medical Certificate certifying that the student is unable to attend. If a student is involved in a curriculum or representative event, please communicate these details in writing. The camp charges will be refunded to your fee account once a Medical Certificate is provided, or leave is approved for curriculum or representative events.

Please note, the deadline for notifying the College about a student's non-attendance due to a curriculum, representative or medical reasons is **Monday 20 November 2023**. If a student is unable to attend camp, they cannot attend campus as the Year 7 timetable will not be operating. If Parents/Guardians fail to notify the College of a serious medical condition or leave request by the published deadline, be aware that the full cost of the camp will be charged.

We look forward to sharing a fantastic experience with your child. If you would like to discuss any aspects of the camp, please do not hesitate to contact me for extra information.

Yours sincerely

Heath Del Favero  
*Director of Student Life*



## Outdoor Education - Packing List

- Please read all documents relating to clothing and equipment carefully. So that students are safe and have a positive experience, it is important that all essential equipment is packed.
- **All items must be suitable for outdoor use, and of sturdy construction. Remember to name all personal items and ensure that they fit inside a medium suitcase/bag.**

### **Essential Items - General Clothing:**

- 2 x broad-brimmed or legionnaire style hats (one to get wet and a spare)
- 3 x sun safe, lightweight shirts (layers are important at this time of year.)
- 3 x knee-length shorts
- 4 x sets of underwear and socks
- Appropriate sleeping clothes
- 2 x pairs of enclosed lace up shoes/sports sneakers/boots (one pair will get wet in water activities)
- One pair of rubber shoes or thongs for use in showers or when changing out of wet shoes
- One set of clothes for water activities (including full-length rash-shirt, knee length board shorts, swim wear and shoes to get wet)
- A light tracksuit, vest and/or a jumper for activities (mid-layer clothing to keep you warm)
- Waterproof raincoat. **Do not bring ponchos or garbage bags as raincoats**

### **Essential Items – Toiletries:**

- Toothbrush & toothpaste
- Soap (in container) / shower gel
- 2 x Towels (a lightweight Microfibre towel is recommended)
- Roll on deodorant (NO aerosols)
- Sunscreen (Minimum SPF 30+)

### **Essential Items – Sleeping Gear:**

- Warm/lightweight sleeping bag
- Pillow

### **Essential Items – General:**

- All required prescription and other medications (Note each item must have a pharmacist's label)
- 2 x 600ml water bottles (No disposable bottles)
- Torch and spare batteries (preferably head torch)
- A large strong garbage bag or dry bag for storage of wet/muddy gear
- Day Pack to carry personal items to activities (water bottle, sunscreen and snacks)

### **DO NOT Bring ANY of the following: (Please note: These items will be confiscated if found)**

- Mobile phones or devices with a cellular or WiFi connection
- Wallets, money and valuables items (such as jewellery)
- Chewing gum, lollies or toys
- Food items containing any type of nuts. This is a nut-free program.



### Optional Items - General:

- Waterproof over-trousers
- Sunglasses
- Watch (NO smart watches)
- Skins/leggings, these may assist with avoiding chaffing
- Insect repellent (no aerosol)
- A warm, weather-proof outer-layer jacket
- Chaffing Cream

### When packing, keep the following priorities in mind:

- 1. It must be appropriate and fit for purpose**
- 2. It must keep you and your gear dry and warm**
- 3. It must be as light as possible**
- 4. It must be suitable for a range of weather conditions (both hot and cold)**
- 5. It must offer skin protection from exposure (mosquito bites, UV radiation, etc)**

### Some important information on sun safety

The Springfield Anglican College is committed to providing a safe environment for all students and visitors. The College encourages the entire College community to use a combination of sun protective measures and assist students to be responsible for their own sun protection.

Regarding sun safety on camps, we recommend the following:

- **Long sleeved shirt with collar** – Long sleeved shirts with a collar will adequately protect you from the sun.
- **Sun safe hat(s)** – A broad-brimmed hat will best protect you from the sun.
- **Knee length shorts** – DO NOT bring shorts that are any shorter than your school sports shorts. Short shorts do not protect you from the sun (or cuts from bushes and grasses) during activities. Knee length shorts and pants will best protect your legs from sunburn during activities like raft building and beach games.
- **Sunscreen** – The use of SPF30 (or higher) broad-spectrum, water resistant sunscreen.
- **Sunglasses** – Where practical, students are encouraged to wear close-fitting, wrap around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2,3 or 4) and cover as much of the eye area as possible.