



# Melrose High School

Marr Street Pearce ACT 2607  
ABN 25 459 896 375

“ A community of learners building on a tradition of excellence”



## Year 7 Camp 2017 Parent and Student Information for Peer Support Leaders

Dear Parents/Carers & Students,

The following details relate to the Year 7 Camp to Action Learning Initiatives (ALI) Jindabyne, which is an optional part of the Year 10 Peer Support Program supporting Year 7 in 2017.

### Departure and Return Times

Wednesday 8 March 2017 (Charter departs 6.45am)	6:15am – Students arrive at Melrose High School
Friday 10 March 2017	5:00pm – Arrive back at Melrose High School

### Purpose

The program is designed to develop new relationships in Year 7 students and Peer Support Leaders are involved in supporting teachers to do this. The following outcomes are targeted for Year 7:

- Team building skills
- Interpersonal skills
- Appreciation of difference
- Personal challenge
- Self Esteem building
- Friendship skills

### Activities

The program includes the following activities:

- Hiking
- Swimming
- Canoeing
- Overnight Campout
- Mountain Biking
- Challenge Activities
- Bungarra Challenge
- Peer Support Sessions – Social and Emotional skills for adolescents

### Accommodation

- 1 night accommodation at Bungarra Alpine Centre in separate dormitories for boys and girls.
- 1 night accommodation in campout in 3-person tent with ration packs.

Melrose High School staff will be located close at hand at each accommodation location.

### Meals

Students will need to bring morning tea and lunch on the first day. The program includes catering from Day One dinner to Day Three breakfast.

### Staff

The permanent staff at 'Action Learning Initiatives' conduct most of the programs and activities. All staff members are fully qualified with specialist skills and experience. Peer Support sessions will be run by Melrose High School staff and Year 10 Peer Support Leaders. At least one teacher from Melrose High is assigned to each group for all activities. There is a minimum of one staff to 20 student ratio on camp.



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## Cost Breakdown

Food (including 10% GST)	\$62.70
Other Activities (including 10% GST)	\$297.30
Staffing Cover	\$ 11.00
<b>TOTAL</b>	<b>\$371.00</b>

## Valuables

There are no facilities for safeguarding money or other valuables brought to the centre.

**Teaching and camp staff will take no responsibility for the loss or theft of such items.**

## Emergency Contacts

Postal Address                      Action Learning Initiatives PTY LTD  
    PO Box 269  
    Jindabyne NSW 2627

Telephone                              02 6457 2788

Fax    02 6457 2270

Website                                      [www.bungarra.com.au](http://www.bungarra.com.au) or [www.action-learning.com.au](http://www.action-learning.com.au)

Email    [info@action-learning.com.au](mailto:info@action-learning.com.au)

**Website log in details:    User Name: 2melrose student    Password: ali125**

This code will enable parents and students to access daily updates on student activities during the camp.

You can also contact Melrose High School on 6205 7588 for any enquiries.

## Risk Warning

ALI and Melrose High School acknowledge that there is an inherent risk of personal injury in some of the physical activities undertaken by the students. Parents should understand that ALI attempt to minimise those risks. Doctors and an ambulance service are available in Jindabyne at all times. Instructors and teachers on the camp possess Senior First Aid and resuscitation qualifications.

## Documentation Required

**We ask that you complete and return the following forms to the Melrose High School Front Office as soon as possible:**

- Year 7 Camp Permission and Swimming Abilities Notes
- Excursion Medical Information and Consent Form
- ALI Permission To Use Photos note

## EQUIPMENT LIST

All campers are required to bring the following clothing and camp equipment **(Please ensure all is clearly marked with student's name)**

- 1 day pack large enough for lunch, water bottle, towel, raincoat, jumper
- 1 bag or pack that will hold all the following gear:
  - Sleeping bag
  - 2 towels
  - Swimmers
  - Personal toiletries
  - Sunscreen
  - Torch & spare batteries
- Waterproof and windproof raincoat with hood
- 1-1.5litre water bottle
- Mess kit in draw string bag
  - Bowl
  - Plate
  - Mug
  - Cutlery
  - Tea towel
- 1 garbage bag for wet clothes
- 1 garbage bag for dirty clothes
- 1-2 pairs of track suit pants
- 1 pair of jeans or long pants
- 4 pairs shorts
- 1 set of warm PJs
- 1 pair of shoes for hiking & camp wear
- 1 pair of sandals/thongs
- 1 pair of shoes for canoeing (will get wet)
- Hat
- 4-5 sets of underwear
- 4 pairs socks
- 4 t-shirts
- 1 long sleeve shirt
- 1-2 jumpers
- 1 warm fleece top
- Gloves and beanie
- Medical Requirements (tablets, puffer etc)

**For the large bag use a backpack or an old suitcase with a set of wheels**

Students need to be able to carry their bag/pack and are required to walk in to the campsite one afternoon and out the next morning with their bags.

Avoid using a quality suitcase as students will often drag their bag down a gravel road. A full size pack or old suitcase with wheels is best.

The weather in the snowy mountains can change rapidly. It may be very hot or may be very cold (snowing). Even in summer!

You must have a fully weatherproof jacket for the hike and camp out.

## WHAT NOT TO BRING

- MP3 players
- Mobile phones
- Any other expensive items (PSP's)

**IF IDENTIFIED THESE ITEMS WILL BE CONFISCATED FOR THE DURATION OF THE CAMP. TEACHING AND CAMP STAFF ARE NOT RESPONSIBLE IF THESE ITEMS ARE STOLEN, LOST OR DAMAGED.**



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## THINGS TO DO THE NIGHT BEFORE YOU LEAVE FOR CAMP...

### 1. Pack a day pack including:

- Morning Tea
- Lunch
- Afternoon Tea
- Water bottles (at least 1L of water)
- Hat
- Sunscreen
- Sunglasses
- Wet weather jacket
- Jumper
- Swimmers and towel (Groups that are canoeing on day one)

### 1. Pack your bag

Do you have all of the items listed on the equipment list?  
Is every item labeled with your name?

### 2. Check your medicine

Is your medicine labeled? Do you have enough for the duration of the camp? Is it ready in a named zip lock bag to give to the staff member leading your group or Mr Gilmore on Wednesday morning before you get on the bus?



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## Year 7 Camp 2017 – Swimming Ability Note

NOTE: The information that you provide will assist to provide a safe environment for your child’s participation in swimming/aquatic activities.

### PERMISSION TO PARTICIPATE IN THE AQUATIC ACTIVITIES OFFERD ON THE 2017 CAMP

I **GIVE PERMISSION / DO NOT GIVE PERMISSION** (Please circle) for my child

(Child Name) to participate in the aquatic activities to be offered at the 2017 Yr 7 Camp including: Canoeing and free swimming at the Thredbo Indoor Pool. (NB: Students taking part in Canoeing activities will be wearing Personal Floatation Devices at all times.)

Please describe in detail your child’s swimming ability, e.g. water confidence, swimming strength, distance (swimming continuously) and ability to tread water.

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Please list any special requirements necessary for your child to participate in swimming/aquatic activities.

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I agree to my child taking part in swimming/aquatic activities associated with this excursion.

Parent/carer signature: \_\_\_\_\_ Date: \_\_\_ / \_\_\_ / 2017



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## Year 7 Camp 2017 – Permission / Dietary Note PERMISSION TO ATTEND CAMP

I \_\_\_\_\_ (Parent Name) hereby

give permission for my child: \_\_\_\_\_ (Child Name)

to take part in the Year 7 Camp conducted at Action Learning Initiatives Jindabyne from

Wednesday 8 March 2017 to Friday 10 March 2017.

### Dietary Requirements

Please provide details of any special dietary requirements for the student (allergies, vegetarian, gluten free etc.)

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.....

### Expected Behaviour

I agree that my child will be under the authority of the school for the duration of the camp, and that the teacher in charge is authorised to return the student home at the expense of the parent/guardian if circumstances warrant such action. Circumstances may include smoking, use of drugs, wilful damage, entering a gender inappropriate lodge, or actions that compromise the safety or wellbeing of other members of the group.

*Staff accompanying students on excursions will take all reasonable care while the students are in their charge to protect them from injury and to control and supervise their behavior and activities.*

*Parents should be aware that staff members are not responsible for injuries or damage to property, which may occur on an excursion where, in all circumstances, staff have not been negligent. Parents should warn children of the risk to themselves, to others and to property, of impulsive, willful or disobedient behavior.*

*As this is an optional activity, a payment will be required to cover the costs. If the school is unable to cover the costs, the school may not be able to proceed with the camp. Individual records of contributions are confidential.*

### Parent / Carer

This form requests information about students which will be held by the school. This information may be disclosed to government or private medical or para-medical staff and other relevant officers in the event of an accident or emergency. The information is collected as a lawful administrative function of the ACT Department of Education & Community Services.

I have read the attached information regarding this excursion and understand what it contains.

Full name of parent/guardian (please print): .....

Signature of parent/guardian: .....Contact:.....Date:.....



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## PAYMENT SLIP FOR YEAR 7 CAMP – Bungarra Alpine Centre

**Total cost - \$371**

A \$53 deposit is required to secure your child a place by Friday December 2 2016.  
Full payment is required no later than Friday February 24 2017 to avoid cancellation.  
If progress payments are more convenient, please consider this direct debit schedule.

Week	\$ amount	\$ total
1. 2/12/16 (Deposit)	53	53
2. 16/12/16	53	106
3. 30/12/16	53	159
4. 13/1/17	53	212
5. 27/1/17	53	265
6. 10/2/17	53	318
7. 24/2/17	53	371

Amount Enclosed \$ \_\_\_\_\_ cash/credit card/cheques made out to Melrose High

Student Name: \_\_\_\_\_

### Credit Card Facility – (Please Tick which card applies)

MasterCard                       Visa                       Expiry date: \_\_\_\_\_

Please print name on card: \_\_\_\_\_ Signature \_\_\_\_\_

Card No        \_\_\_\_\_                      Date \_\_\_\_\_

**Online Payment** <http://www.melrosehs.act.edu.au/payment> and follow the prompts.

Online Payment Code: **Yr7 Camp**

**Direct payments** can be made to Westpac Bank Account Number: 001658 – BSB 032777 please put family name and description of the payment (eg. Yr 7 Camp, SMITH) and email [fiona.dempsey@ed.act.edu.au](mailto:fiona.dempsey@ed.act.edu.au) to confirm payment.