



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 2019 Parent and Student Information

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 transition program for Year 7 in 2019.

Departure and Return Times

Monday 4 March 2019 6:15am – Students arrive at Melrose High School

(Charter departs 6.45am)

Wednesday 6 March 2019 3:00pm – Arrive back at Melrose High School

Purpose

The program is designed to develop new relationships between Year 7 students. The following outcomes are targeted:

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

Activities

The program includes the following activities:

- Hiking
- Swimming
- River Sledding
- Overnight Campout
- Raft Building
- 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 camping in Kosciuszko National Park – Thredbo River campsite with a MasterChef/ Group Cooking experience.

Melrose High School staff will be supervising students 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 lunch.

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
- 2 pairs of Swimmers
- Rashie or t-shirt that can get wet
- Boardshorts/shorts that can get wet
- 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 water booties/old runners (will get wet)
- Thermal top and bottoms that can 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

- Mobile phones
- Any other expensive items (iPads, portable gaming devices, jewelry, etc.)

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.



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, towel and change of clothes (Groups that are River Sledding and Raft Building 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 either one of the Year 7 Coordinators, Ms McAlister OR Mr Wells on Monday morning before you get on the bus?

Have you included:

- Short term Medication: *Medication Authorisation and Administration Record* and qualified medical professional's authorisation (a copy of the medical prescription is sufficient in the case of short term administration of medication).
- Long term Medication: *Known Medical Condition Response Plan* and the *Medication Authorisation and Administration Record*.