



# Bellinggen Public School

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## Stage 3 Lake Keepit 2022 Camp Information

Dear Stage 3 Parents and Carers,

**When:** Monday 31<sup>st</sup> October – Friday 4th November  
**Depart from school:** 8am (sharp) Monday 31st October  
**Arrive back at school:** approx. 2:30-3pm Friday 4th November. It is asked that you be waiting at school for your child at this time. If someone else will be picking up your child, please give them a written note explaining this.  
**Where:** Lake Keepit Sport and Recreation Camp, Fitness Camp Rd, Gunnedah, NSW  
**Teachers attending:** Mrs McFarlane, Miss Petty, Miss Byrne, Ms Taylor, Mr Harry

**The full amount of \$490 is to be paid by Friday 2<sup>nd</sup> September.**

**Preferred payment via school online payment system.**

### Overview

A visit to Lake Keepit Sports and Recreation Camp is an opportunity for students to learn new skills, develop closer relationships with peers and be provided new and exciting experiences that improve their resilience and self-esteem. Students will be participating in a variety of outdoor activities from the following categories; heights, aquatic, bush and recreation.

### Valuables and Lollies

**IPads, phones and tablets are not permitted on this excursion.** Staff will take photos that will be available after camp. If an emergency happens at camp, school staff will contact you. Please ensure that you provide accurate contact information.

Bubble gum and chewing gum are not permitted. Valuable items should be left at home. We do not accept responsibility if these items are brought and are either lost, broken or stolen.

### Online Registration

Parents will also need to provide dietary and health information for Sport and Recreation staff prior to attending camp. This will be via an online form that must be completed by you at least **4 weeks before** we leave. Please keep note of upcoming details being sent home.

Families are welcome to apply for student assistance to help with some of the costs. Contact the school office for more information about this.

### Eating

On our journey to Lake Keepit we will stop at Armidale for morning tea. **Students need to bring something for morning tea for themselves.** There will be no eating on the coach. All other meals will be provided at camp.

**N.B. Lake Keepit staff will prepare a packed lunch for the return journey.**

Students will be allocated group duties to assist in setting up and clean-up for eating times.

### Accommodation

Students will stay in comfortable lodges. Male and female students are accommodated in separate lodges. A teacher will stay in a bungalow close to the lodge. Lodge room allocation will be decided closer to the date at a camp meeting. Please see the packing list for bedding requirements.

### Medication

All medication must be provided in a sealed envelope, clearly labelled with your child's name and instructions. This includes vitamins or medications like travel-calm. Please ensure the information is comprehensive and clear. Also verbally discuss this with your child's teacher prior to our departure.

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*Making learning meaningful, relationships positive and individuals successful.*

## Packing checklist:

- Shorts and t-shirts (no singlets, sleeveless or midriff tops)
- Jeans
- Jumpers and tracksuit pants
- Socks and underwear
- Raincoat
- Pyjamas
- Swimming costume and rash shirt
- Sunscreen, sunhat and sunglasses
- Toiletries, including soap (no aerosols)
- Two towels
- Pillow, pillowcase, sleeping bag or sheets and a blanket
- Day-backpack
- Insect repellent (no aerosols)
- Lip balm
- Two pairs of sneakers (one old pair to wear in the water)
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
- Medications (if required)
- Handkerchief or tissues
- Water bottle



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## What not to bring to camp:

- Aerosol cans (e.g. spray on deodorant or insect repellent)
- Thongs, Ugg boots or slippers (these cannot be worn around the Centre or on activities)
- Radios or MP3 players
- Computer/video games
- Mobile phones
- Lollies or chewing gum
- Jewellery
- Anything valuable.

**Please ensure all items are clearly labelled with your child's name.**

A number of meetings covering the above aspects of the excursion will take place in the weeks prior to the excursion. Please encourage your child to ask about anything they are uncertain about. We understand that there may be some anxieties as this is a long camp, we will do our best to relieve any of these anxieties.

**If, for any reason, you wish to withdraw your child from the excursion, notification must be made by 31<sup>st</sup> August. Withdrawals after this date will incur a fee to cover costs.**

**IMPORTANT:** There are two notes that need to be completed prior to the excursion: The attached **Bellingen Public School Permission Note, Medical, and Consent Form** must be filled out and returned to school by **Friday 2<sup>nd</sup> September**.

**\*\*\*\*ALSO** The following **Additional Online Medical, Dietary Requirement and Consent** note from the Office of Sport needs to be completed as a requirement by the Camp. Please see link below.



## Online Medical, Dietary Requirement and Consent Form

Your child is about to attend a Sport and Recreation school camp at Lake Keepit Sport and Recreation Centre organised through Bellingen Public School. Prior to the camp all students must complete a Medical and Consent Form prior to attending.

The information that Sport and Recreation needs about your child includes:

- medical conditions
- food related allergies
- special diets
- medication
- emergency contact details
- media consent

Sport and Recreation needs you to complete this form on behalf of your child. The form is available online and is easy to complete. Once you submit the form the information is sent to the Centre so the staff can prepare for your child's visit.

Please log into the below link. You will be required to create an account, and this will provide you with a password.

<https://officeofsport.ungerboeck.com/prod/emc00/register.aspx?eid=bUdaZfP6RkZYczhKNW8yWEZmZHM2dz090>

It is vital that you enter the following details to complete the online form by **Friday 2<sup>nd</sup> September, 2022**.

Booking Number: 20538

Booking Start Date: 31<sup>st</sup> October – 4<sup>th</sup> November 2022

Booking Venue: **Lake Keepit Sport and Recreation Centre**

**Bellingen Public School  
Stage 3 Lake Keepit 2022  
Permission Note, Medical & General Consent Note**

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

**To be returned by Friday 2<sup>nd</sup> September**

It is important that you carefully read and sign the following consent forms.

**WATER ACTIVITIES**

I consent to my child participating in supervised water activities using appropriate safety equipment.  
Yes/No

My child is a;

Strong – 100 metres or more.	Average – 50 metres in one attempt.	Poor – Under 50 metres or 50 metres with rests.	Non-swimmer – Cannot swim without Personal Floatation Devices, scared of the water.
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**PUBLICATION**

I consent my child being photographed/ filmed for publication within the NSW Department of Education and Training newspaper, external publications, Internet site and other associated promotional material. Yes/No

**PG MOVIE**

I hereby consent to my child watching PG movies. Yes/No

**EMERGENCY CONTACTS**

In case of an emergency please write down two contact numbers that are best to reach you on.

Emergency Contact 1: \_\_\_\_\_ Number \_\_\_\_\_

Emergency Contact 2: \_\_\_\_\_ Number: \_\_\_\_\_

**MEDICAL ASSISTANCE**

In the event of an emergency, I consent to the securing of an ambulance and any medical treatment that may be deemed necessary by the attending medical practitioner. This may include the administration of an EPIPEN by a medical practitioner or teacher due to severe allergic reactions. Please advise the school of any medical conditions that may affect your child on the excursion on the following attached medical and consent form.

I hereby consent the above conditions and to \_\_\_\_\_ of class \_\_\_\_\_ participating in an excursion to Lake Keepit Sport and Recreation Camp.

Signed \_\_\_\_\_

Date \_\_\_\_\_

Please note any **medical conditions** we need to be aware of:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Life threatening Allergies-** Please tick

YES

NO

Has severe and life threatening allergies to \_\_\_\_\_

**In the event my child has a severe or life-threatening allergic reaction, I give permission for the accompanying teachers or Lake Keepit supervising instructor to administer their EPIPEN if needed.**

Signed \_\_\_\_\_

Date \_\_\_\_\_

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**Medications**

To help us in the management of medications during the excursion, could you please:

- 1.) Ensure your child's name is on each bottle/packet. NOTE: medication must be provided in the original container.
- 2.) Place all items in a snap lock bag or a container and label with his/her name.
- 3.) Please complete the current medications section on the medical and consent form.
- 4.) Give the medications to Mrs McFarlane before departing on the bus to camp.

I hereby give permission for the accompanying teachers to administer the medication/s noted to my child \_\_\_\_\_ of class \_\_\_\_\_ whilst on the 2022 Stage 3 Lake Keepit excursion as per the instructions listed on the medical and consent form.

Signed \_\_\_\_\_

Date \_\_\_\_\_

**PAYMENTS**

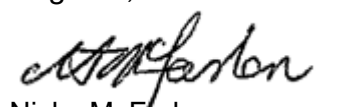
All payments are to be finalised no later than Friday 2nd September, 2022. Payments of \$44.00 per week for 10 payments starting from 10<sup>th</sup> June will ensure that you have paid in full. Please note that this payment plan is for those that have paid deposit. Please review your statements for amounts owing.

The preferred option for payments is via our online payment system (POP). These payments are made via our school's website. This is a **secure** payment page hosted by Westpac. Log onto our school site at <http://www.bellingen-p.schools.nsw.edu.au>. Click on "Make a Payment" and follow the prompts to make a payment via Visa or MasterCard.

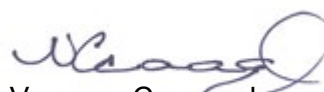
I acknowledge that this event/activity is required to be held in accordance with any current NSW Health COVID-19 Public Health Orders and the NSW Department of Education's policies and procedures. I acknowledge and accept that there is a risk that my child may be exposed to COVID-19 whilst attending and participating at this event. I confirm that my child will not attend if displaying any symptoms of illness, and/or if directed to isolate under public health orders.

This excursion has the approval of the principal.

Regards,



Nicky McFarlane  
Assistant Principal Stage 3



Vanessa Cavanagh  
Principal