



GLENWOOD HIGH SCHOOL
YEAR 7 CAMP
Rules & Guidelines / Gear Checklist

Where: Aussie Bush Camp (Tea Gardens)

Scheduled for: 30th March (Wednesday) - 1st April (Friday)

Arrive at school: 30th March (7.30am)

Pick Up at School: 1st April (3.30pm)

* NB we will inform you via your contact email if this must change for any reason.

The Great Aussie Bush Camp is all about delivering the best possible outdoor recreation-based teaching and learning outcomes for your children through programs that are fun, challenging, diverse, relevant & memorable. In delivering these programs their goal is to always place the safety and well-being of your children above all else and adhere to the highest possible standards as teaching and learning providers. Their team of instructors are energetic, enthusiastic and are highly trained to run all activities. They all hold first aid and resuscitation qualifications.

The activities we are planning to be involved in are archery, canoeing, giant swing, high ropes, kayaking, leap of faith, lost (mud world), raft building, vertical challenge, commando spot light and beach games.

All accommodation, amenities and associated facilities are clean, comfortable, and well maintained. The programs are fully catered with ample availability of nutritious and tasty food; special dietary requirements can be accommodated.

We have around 175 students attending camp. If you have not had the chance to pay, there are still spots available, but they are fast running out.

We ask that you and your child read the camp guidelines carefully. In order to maintain the safety and enjoyment of people involved, any student who breaches these guidelines may have their parents/carers contacted and asked to be collected from camp.

Camp Guidelines and Rules

Students should be aware of these Guidelines

- Never leave camp or an activity without permission.
- All activities must be supervised by a teacher and instructor.
- Listen to and follow instructor's guidelines especially COVID-19 procedures
- Closed in shoes and hats should be worn at all times.
- Respect male and female areas; enter no room other than your own.
- Respect the natural environment, use bins provided, don't damage the bush.
- No pocketknives, glass, valuables, electronic equipment, smart watch or mobile phones are to be brought to camp.
- Do not approach or attempt to pat the wildlife.
- All accidents / damage to equipment must be reported.
- Wilful damage will be paid for by the individual(s) responsible.
- Do not eat or drink in tents / cabins / dorms.
- No chewing gum to be brought to camp.
- Respect others after lights out. There should be no need to leave your tents / dorms / cabins after lights out.
- Each group is responsible for the ongoing cleanliness of the room / tent.
- To avoid accidents please do not run around campsite areas.
- As a general rule, students will not be removed from activities as punishment. They may be given a 5 minute time out to reflect.
- Allocating extra duties or taking away free time may also be used as behaviour management strategies.
- We may exclude students whose behaviour could result in serious danger or distress to themselves or others. In extreme cases, after consultation with teachers, the parents / guardians may be contacted and the student/s will be sent home

The camp has also issued a sample guide of what should be packed in a bag based on a 3-day camp. Please refer to the list below.

Gear Checklist – Children

PLEASE CLEARLY NAME ALL ITEMS

MEDICATION NEEDS TO BE GIVEN TO THE ORGANISING TEACHER

It is a good idea for students to pack their own bags so that they can re-pack for the trip home.

- Mess kit (plate, cup and fork) Non disposable
- Water bottle
- Raincoat (regardless of forecast)
- Hat or cap
- Sleeping bag (extra blanket in winter)
- Pillow
- Sunscreen & Hand Sanitiser
- 1 pair pyjamas (tracksuit in winter)
- Day pack (small backpack for water, sunscreen, etc)
- Torch (make sure it works before you leave home)
- Toiletries (including toothbrush!)
- Insect repellent
- 2 pairs of runners (1 old pair for water activities)

- Thongs – only for going to and from showers
- 3 T-shirts needed, no singlet tank tops / midriff tops (for safety on activities)
- 3 sets of underwear
- 3 pairs of shorts - NO MINI SHORTS (for safety on activities)
- 3 pairs of track pants (if cold weather forecast)
- 2 sloppy joes / windcheaters (if cold weather forecast)
- 3 pair socks
- Bath towel
- Beach towel and swimmers
- Optional - camera, money for souvenirs
- Tissues / hankies
- Plastic bags for wet clothes / towel.

Health, Safety and Medication

If your child has been identified on the medical and consent form as needing medication, then our first aid teacher will dispense this as required. FYI Camp team members have First Aid and Resuscitation certificates. There is also an on-site First Aid Room. For any accidents / sick students we have a Doctor in Tea Gardens (10 minutes away). There is also an ambulance service in Tea Gardens (10 minutes away) and Karuah (10 minutes away).

The nearest hospital is The Maitland Hospital (1 hour away) and John Hunter Hospital, Newcastle (1 hour away).

Please ensure that the **medical and consent form** has been filled out for your child, if you haven't already done so:

[Year 7 Camp online Medical Consent Form](#)

Looking forward to sharing this memorable experience with your children.

Kind Regards,



Michelle Koutsonikolis
Year 7 Advisor