



GLENWOOD HIGH SCHOOL

Innovation Opportunity Diversity Success

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Glenwood NSW 2768

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EXCURSION NOTE


Excursion:	Ready for Life Camp		Maximum # of students:	160
Subject / Purpose:	Wellbeing		Grade:	11
Venue:	Sydney Academy of Sport and Recreation	Date:	7 th to 9 th August 2019	
Departure time:	7:30am	Return time:	3pm	
Students will depart from:	School	Students will return to:	School	
Travel/transport will be by:	Bus			
Dress requirements:	Comfortable and Respectful Clothing			
Cost: NON-refundable	\$290	Payment due by:	24 th July 2019	
Supervising teacher/s:	Ms Cross, Mr Fenech			

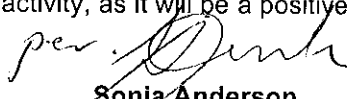
Dear Parent/Carer,

An excursion has been organised to support the following work being completed at school:

As part of the weeklong Ready for Life program, a two-night/three-day camp has been organised for Year 11 students. More information provided on the attached page.

Please note that there may be a maximum number of students who may attend this event (see above). The signed permission note must be returned to the front office with the correct money. We are unable to provide students with change. We strongly encourage your child to attend this activity, as it will be a positive and valuable learning experience.


Rachna Achar
Head Teacher
Date:


Sonja Anderson
Principal

YEAR 11 EXCURSION TO Ready for Life Camp PERMISSION NOTE / MEDICAL INFORMATION

I do / do not consent to my child _____ participating in an excursion to
Ready for Life Camp on **07/08/2019 to 09/08/2019**

I understand and agree to the requirements and arrangements as stated on the excursion note.

Special needs, allergies or medical condition/s that the school should be aware of:

.....
Has the school been provided with an individual health plan or emergency response plan for this condition? **YES / NO**
I give / do not give permission for my child to receive medical treatment in case of emergency.

Medicare No:	Expiry Date:	Card Reference No:
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Parent/carer's signature:	Date:
Parent/carer's email:	Phone number:

Payment Method

() Cash () Cheque () Online payment Online payment must be made at least 3 days before payment due date	Online payment receipt no.: Date: ___ / ___ / ___
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Online Payment Instructions:- Make a payment on GHS website

In the *Payments* option section, check *excursion* and enter payment description as: **2019 Ready for Life Camp- Year 11** Please note the **last day for online payments** will be **Wednesday 24th July**, before 6pm.

Payments after this date must be by cash/cheque/EFTPOS directly to the front office to ensure your child's place.
Please hand in permission note with online receipt number to the front office.



Life Ready Camp 2019

Wednesday August 7th to Friday August 9th

Dear Parent/Guardian,

Life Ready is a MANDATORY course for Stage 6 students in NSW Government Schools.

Life Ready reflects some of the contemporary health and safety issues facing young people. It aims to prepare and support Year 11 students as they address changing issues related to identity, independence and their changing responsibilities.

The camp will extend upon the sessions held at school during the Monday and Tuesday. Held at the Sydney Academy of Sport and Recreation Narrabeen, the camp will allow students to face physical obstacles to develop their resilience and self-confidence and most importantly to have fun and promote whole-year group belonging.

Permission and Payment

The total cost of the excursion will be \$290.00 (includes all food, travel and activities). To make things easier on families we will make payments for the camp in instalments during Term 2 and 3 as follows:

1st Instalment Due: 13th May \$100 (with permission note) Term 2

2nd Instalment Due: 17th June \$100 Term 2

3rd Instalment Due: 23rd July \$90 Term 3

Medical and Consent Form

In addition to the permission note provided, which is to be returned to the front office on first payment, students will also need to complete a Medical and Consent Form prior to attending. The information that The Academy of Sport and Recreation needs about your child includes:

- Medical conditions
- Food related allergies
- Special diets
- Medication
- Emergency contact details

- Media consent

The Academy of Sport and Recreation need you to complete this form on behalf of your child. The form is available online and is easy to complete. Once you submit the information is sent to the Sydney Academy so that staff can prepare for the student's arrival.

Please complete the Medical and Consent Form at:

<https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform>

It is vital that you enter the following details to complete the online form by Wednesday, 17 July, 2019

Booking Number: **552632**

Booking Start Date: **07/08/2019**

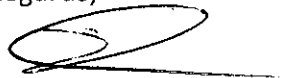
Booking Venue: **Sydney Academy of Sport and Recreation**

All medication will need to be surrendered to Ms Cross on departure, labelled with name and instructions of dosage.

Please note there will collapsed class during these days and no new content will be taught in class.

If you have any questions please contact Ms Cross on 96299577 or Sarah.Cross5@det.nsw.edu.au

Regards,



Sarah Cross

Year 11 Advisor

School Camps Packing List

Please label all clothing, towels and sleeping bag with your name!!

- Shorts and t-shirts (no singlets, sleeveless or midriff tops)
- Jeans
- Jumpers and tracksuit pants
- Socks and underwear
- Raincoat
- Warm jacket (winter only)
- Three layers of warm clothing
- Pyjamas
- Swimming costume and rashie shirt
- Sunscreen, sun hat and sunglasses
- Two pairs of running shoes (one old pair to wear in the water)
- Toiletries, soap, lip balm and insect repellent (no aerosols)
- Two towels
- Pillow, sleeping bag or doona and two single flat sheets (Sydney Academy provide pillows)
- Day backpack
- Plastic bags for dirty or wet clothes
- Medication (if required)
- Handkerchief or tissues
- Water bottle