



29 October 2020

Re: Year 7 Activities Week (16-20 November 2020)

Dear Parents,

As you are aware, Activities Week which was scheduled for Term 3 is now being held this term in Week 6. This week is considered an integral part of the Year 7 Pastoral Program, and is important for students to further develop and strengthen friendships, as well as challenge themselves with new activities.

Monday 16 Nov	Tuesday 17 Nov	Wednesday 18 Nov	Thursday 19 Nov	Friday 20 Nov
Year 7 Camp (arrive at school by 8.15am)	Year 7 Camp	Year 7 Camp (return to school by 2.15pm)	Personal Strength Day at the college (8:35am - 2.00pm)	Student Free Day (Staff Spirituality Day)

Please refer to Page 2 for information regarding the Camp. On the Thursday, students will explore their own personal strengths and further develop skills of resilience and personal growth. The day will be held here at the college and have guest speakers Dan Hardie and Brett Murry (Make Bullying History).

Please complete the attached consent form and have it returned to the college via your son's Homeroom teacher by Friday, 6 November. We will be sending parents a medical / dietary requirements email shortly from oenw@venue360saas.com which will request you to list any relevant information. Please check your spam to ensure it is not there. **Can I ask that only allergies be listed for dietary requirements.**

If you have any questions, please do not hesitate to contact me at the college on 9524 9133, or via email at will.carroll@syd.catholic.edu.au

This will be a fun filled week for Year 7 and I hope they are looking forward to an exciting camp.
Thank you.

Mr Will Carroll
Year 7 Pastoral Leader

Year 7 Camp - Nepean Adventure Centre

Students will be participating in a camp at Nepean Adventure Centre (71 Dredge Ave, Douglas Park). The camp will be for three days beginning on Monday, 16 November and finishing on Wednesday, 18 November.

Buses will transport the boys to and from the camp. Students are required to arrive at school by 8:15am on the Monday and will return to school by approximately 2.15pm on the Wednesday. The cost of the camp has been charged to your son's school fees.

The camp offers a variety of activities including canoeing, abseiling, archery, raft building, high ropes, giant swing and team building exercises which we will finalise and speak to students at our next pastoral lesson.

If your son is required to take medication whilst on camp, could I please ask that the following be done:

- Each student's medication should be in its original packaging and clearly labelled with his name, dosage and frequency. This is to be handed to me by Friday, 13 November if possible.
- Students with asthma inhalers should carry them at all times during the camp. Any boy who has asthma will also be asked to collect a separate form from me to provide details of their treatment.

If at any stage you require to make contact with your son or his Homeroom teacher during camp, you can call the Nepean Adventure Centre on 1800 334 994. Every aspect of the camp has been organised and is following COVID safe policy guidelines.

Student Camp Equipment List

- 4 T-shirts (no sleeveless shirts or singlets allowed)
- 4 pairs of shorts (Not short, shorts) 2 long sleeve shirts or jumpers
- 2 pair of long pants for cold weather Spare socks and underwear
- Hat or cap and beanie
- 1 raincoat
- Pyjamas
- 1 pillow and pillow case
- 1 sleeping bag or sheet/s with blanket
- Torch (make sure it is working before you bring it on camp)
- 1 water bottle
- Insect repellent and sunscreen
- 2 pairs of sensible joggers or boots (1 old pair that you can get wet - no thongs!)
- 2 plastic bags to put your dirty or wet clothes in
- Toiletries
- 2 towels (1 for outdoors, 1 for showers)
- Swimmers
- 1 plate, 1 bowl, 1 fork, 1 knife, 1 spoon, 1 cup and tea towel (mess kit)

Note:

In addition to the above items, it is also recommended that you bring a small day pack so that personal items such as medications, water bottles, hats, raincoats, insect repellents and sunscreens can be easily carried during the day.

To be returned by Friday, 6 November to your son's Homeroom teacher.

YEAR 7 ACTIVITIES WEEK

STUDENT NAME: _____ HOMEROOM: _____

PARENT PERMISSION

Parents are required to tick all boxes in order for their son to be able to participate in the camp.

- I give permission for my son to attend the Year 7 Camp in Week 6.
- I have completed the medical / dietary requirements form that was sent via email from oensw@venue360saas.com
- I understand that should my son behave in a manner which is contrary to the college's expectations, I will be asked to collect him from the venue and bring him home.

PARENT NAME: (please print) _____

PARENT SIGNATURE: _____ DATE: _____