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**Year 3 Borambola Camp, Week 5 Term 3: Wednesday 21 August – Friday 23 August 2024**  
**Payment, Medical and Consent Form, Itinerary and Requirements, Medication**

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Dear Parents/Carers,

Thank you to everyone who has paid the full \$360 for Year 3 Camp. If you have not please pay your \$50 deposit via the Sentral Parent Portal or sign note attached and pay by EFTPOS or cash at the school office by Week 9, **Wednesday 26 June**.

You are required to complete an online **Medical and Consent Form** for your child. This **must** be completed by Week 9, **Wednesday 26 June**. Any student who does not have the form completed is not covered legally while at Borambola and will not be permitted to attend the camp. Please complete the form at this link <https://officeofsport.ungerboeck.com/prod/emc00/register.aspx?eid=QUNPSFhuZkNBTFhIZkZzQVhPNzY0Zz090>

(N.B. This note will also be emailed on the Sentral Parent Portal if you would like to access the link electronically.)

If you do not have access to the Internet, please contact the school and we will arrange for you to fill it in here.

The following information is to assist you and your child to prepare for the Year 3 Camp:

**Departure:** Students need to assemble on the COLA by 8:45am. Departure will be at approximately 9:15am on Wednesday 21 August 2024.

**Return:** We will return to Albury Public School at approximately 3:00pm on Friday 23 August 2024.

**Mobile Phones:** Please do not send a mobile phone with your child on this excursion, even to use as a camera. In an emergency, you can contact the Borambola Centre on 13 13 02 or (02) 6928 4300.

**Medication at camp:** Please ensure that any medication required by your child is given to **Mr Phil Clarke** on the morning of departure. Please provide enough medication for the duration of the camp. All medication should be in its original packaging and clearly labelled with your child's name, the dosage and frequency. If you intend on sending medication for your child, please complete and return the attached note to front office by **Wednesday 26 June 2024**. This includes, but not limited to, travel tablets, hayfever tablets, melatonin etc.

**Asthma and anaphylaxis:**

Children with asthma need to bring their own peak flow meters to camp and carry their inhaler with them at all times. The epipens kept at school, for the students going on the camp, will be taken on the camp by the accompanying staff. Children with food allergies are required by Sport and Recreation to wear an identifying red wristband (which will be provided). This is an added precaution to assist staff when managing situations where food allergens may be present.

**Bed wetting:** If your child is prone to bed wetting, please advise your child's teacher in advance so staff can deal with the situation in a discreet and caring manner. If required, please provide a waterproof mattress protector or pull-ups.

**Accommodation:** Students stay in comfortable rooms or lodges with boys and girls accommodated separately. At least one visiting teacher will stay in a room nearby and will be responsible for student safety and behaviour.

**Meals:** Sport and Recreation's qualified catering team prepares nutritious and delicious meals so your child will never go hungry at camp. If your child has any special dietary requirements or food allergies, it's crucial that these are listed on the Medical and Consent form. Special diets are provided for medical conditions, religious beliefs and lifestyle choices such as vegetarians or vegans.

Sport and Recreation's Allergen Free Meals Policy requires anyone with an allergy or anaphylaxis reaction to a food, to wear a red wrist band for easy identification. Their meals are plated separately by the catering staff and collected from a designated spot to ensure policy compliance and to manage any risks.

You will need to provide lunch and a fruit snack for Monday only. All other meals are included in the cost of camp and will be provided by Borambola Sport and Recreation.

**Outdoor safety:** Every effort is made to ensure your child's safety and comfort while at camp. Sport and Recreation's SunSmart policy promotes wearing broad-brimmed hats and sunscreen and sun exposure is minimised during the hottest part of the day. Personal flotation devices (life jackets) are supplied by the Centre. Covered shoes must be worn when participating in all activities, including boating activities.

**Accompanying Staff:** Albury Public School staff members will attend the camp. The staff are: Mr Phil Clarke, Mr Jesse Hill, Miss Jasmine Drury and one SLSO (To be advised).

### **What to pack:**

**Luggage:** Luggage should be limited to one bag equivalent in size to airline 'carry on' luggage with maximum weight of 10kg and a separate sleeping bag, plus a small backpack (e.g. school bag) per child. Remember, your child will be required to carry his/her luggage so it is essential to make sure it is not too big or heavy. Please label all luggage with your child's name and school.

**Checklist** – Please label all clothing, towels and sleeping bag with your child's name.

- Shorts and t-shirts (no singlets, sleeveless or midriff tops)
- Jeans or tracksuit pants
- Jumpers
- Socks and underwear
- Raincoat/warm jacket (if appropriate)
- Pyjamas
- Old set of clothes for the mud run that can get dirty
- Sunscreen and a wide-brimmed hat (school hat is ideal)
- Thongs to wear to the showers **only**
- Two pairs of running shoes (**one old pair to wear in the water**)
- Toothbrush, toothpaste, soap, lip balm and insect repellent (**no aerosols**)
- A towel for showers
- Pillow and pillowcase
- Sleeping bag (and sheets if desired)
- 2 Plastic bags or wet bags for dirty or wet clothes
- Medication (if required) – **must** be given to Mr Trent Cooper by parent/carer.
- Handkerchief or tissues
- Resealable water bottle

**Optional:** Camera (however no responsibility is taken by Sport and Recreation or the APS staff for loss or damage). Please make sure that if you do send a camera, that you include the charger or extra batteries to last the duration of the camp. All items must be clearly labelled.

**Please do not bring** aerosol cans (e.g. spray-on deodorant or insect repellent), mobile phones, slippers, radios, computer or video games, food (including lollies or chewing gum) – **except for lunch on Monday**, jewellery or anything valuable. If they are sent, these items will be removed by Albury Public School staff for safe keeping and returned to parents when collected from school on Friday 23 August 2024, after camp.

**Activities:** Students may be involved in activities such as these:

- Kayaking
- Mud Run / Obstacle Course
- Fencing
- Archery
- Circus skills
- Orienteering
- BMX riding
- Damper or lunch cook out

**N.B. The programmed activities are subject to change without notice.**

If you have any questions or concerns regarding the Year 3 Camp, please do not hesitate to speak to your child's teacher.

Yours sincerely,

Phil Clarke  
Camp Coordinator

Lianne Singleton  
Principal



**Albury Public School**  
**Year 3 Borambola Excursion 2024**

Dear Parent, Carer

I give permission for my child \_\_\_\_\_ in class \_\_\_\_\_ to attend the Year 3 Overnight Excursion to Borambola Sport and Recreation Centre from Wednesday 21 August to Friday 23 August 2024.

**Please tick the appropriate boxes:**

	I have previously paid for the Excursion in full and given permission via the Sentral Portal APP
	I have completed my child's Borambola <b>Medical and Consent Form</b> <u>online</u> .
	My child's <b>Medication Administration</b> note accompanies this permission note.
	My child, and I have signed and returned the <b>behaviour agreement</b> .

Parent Name : \_\_\_\_\_

Parent Phone Number : \_\_\_\_\_

Parent/Carer Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Medication Administration on Year 3 Camp, 21 – 23 August 2024

*Please print all information clearly.*

<b>Student's name</b>	<b>Class</b>
Name of Medication	
Prescribed dosage	
Any other information	
Name of Medication	
Prescribed dosage	
Any other information	
Name of Medication	
Prescribed dosage	
Any other information	
Name of Medication	
Prescribed dosage	
Any other information	

*I give permission for my child to be administered with this medication on Year 3 Camp. I understand that I must hand the medication (clearly labelled with my child's name and in its original packaging) to Mr Phil Clarke on the morning of Wednesday 21 August 2024.*

Signature (Parent/Carer):..... Date: .....



# *Albury Public School*

## *Year 3 Borambola Excursion*

### **Important Information**

It is a policy of Albury Public School to provide opportunities for children to grow and develop whilst participating in a variety of experiences.

Any student will, however, be excluded from these experiences/excursions on the following grounds:

- Students who are persistently disobedient, insolent or engage in physical or verbal harassment and abuse; and/or
- Students who persistently disrupt and prevent the learning and teaching of others.

Students will be officially warned if their behaviour may lead to exclusion. The warning will be written and given to the child and communicated to the parents.

Two warnings will result in exclusion from this excursion.

----- **(Return to Front Office)** -----

### **Appropriate Behaviour**

We agree to abide by the normal school rules while away on the Year 3 excursion.

We understand that should any incident of inappropriate behaviour occur, parents will be notified and asked to collect their child.

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

Student Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_