Year 7 Cooba Camp - Final Information

Dear Parents/Carers,

The Year 7 camp has been finalised. This camp will provide an opportunity for students to build relationships, solve problems, work together, make new friends, gain independence and importantly, to have fun with their peers. Our Year 7 camp program supports and promotes our KSS HERO values - Harmony, Excellence, Respect and Optimism.

Deposits and subsequent payments have confirmed numbers and final costs for our booking at Cooba. There are 62 students attending this year’s camp. The cost remains at the estimated $310 per student. Any outstanding amounts should be paid as quickly as possible. Contact Catherine Le Brun for details if you are unsure.

Please be aware that there will be no swimming activities however one of the activities will result in students getting wet. (see attached itinerary of activities)

Camp Details

Where: Cooba Sport and Recreation Centre, 99 COOTRALANTRA Road, Berridale, 2628 NSW ph (02) 64563150

When: 19-21 March, 2014

Leaving for camp: All students attending must be at the Front Office school carpark by 7.45am on Wednesday, March 19.

Arriving back from camp: Campers will return on Friday March 21 at approximately 3.45pm to the Front Office school car park and parents are reminded to arrive promptly to collect children.

Transport: Two buses will transport your children to Camp

Emergency Contact: If you need to contact your child please contact Mr Mantinaos on the following work mobile 0410581810

Your children will need to bring (please read ‘What to bring’ attached list)

- Morning tea and lunch for Day 1 (see Itinerary). All other meals are provided.
- A small amount of money (optional) for the souvenir shop before leaving on Friday. Lollies and junk food are not encouraged.
- Sleeping gear and clothing as per the ‘What To Bring’ list attached (please read carefully)
- Toiletries e.g. toothbrush, soap etc but NOT aerosol cans of deodorant, please.

Important information:

Your children will have access to a phone, courtesy of the teachers, if they need to ring home in an emergency. Electronic devices, including phones, will be the responsibility of their owners to keep safe at all times. They will definitely not be permitted at the outdoor activities.

Sincerely,

John Mantinaos
Executive Teacher
Middle School/Mathematics, Science & PE
WHAT TO BRING - OUTDOOR PURSUIT TRIPS
All items will get dirty, some will get wet and some will get very very muddy.
Make sure the clothing you bring is appropriate for outdoor activities, you will be climbing ladders, running in the bush and on obstacle courses, etc. Shoulders should be covered and shorts should be long enough to protect your skin while in a harness.

Medication
Students MUST take medication (e.g. Asthma sprays, etc.) in a bag clearly labelled with their name and instruction on how and when to take (e.g. John Smith – 1 tablet 3 times a day 1hr before food)

1) Essential:

- 2 sheets (or sleeping bag), pillowslip
- Linen: bathroom towel, Old towel to dry off after activities

General Clothing
For 3 days - Ensure you have enough sets of clothes for the number of days away - always ensure you have an extra set if one gets wet. The secret to clothes in the mountains - Get warm and then stop the wind - Put on warm layers of clothes and then stop the wind with a wind proof jacket.

- underwear
- socks
- shirts
- pants
- Shoes - at least 2 pairs
  - Comfortable shoes for running/walking in the bush
  - A pair that you can get wet (Students MUST wear shoes into the water)
- Spare Set of Clothes - including socks and shoes - if you get wet you MUST have dry clothes.

Miscellaneous

- 3 PLASTIC BAGS - 1 for dirty clothes, 1 for dirty or wet clothes, 1 for shoes
- Sun Cream - SPF 30+ preferred
- A Water Bottle that does not leak!
- Torch
- Toiletry bag
  - Soap
  - Toothbrush and toothpaste
  - Face washer
  - Brush or comb and hair ties
  - Any other personal products

2) Optional

- Favourite CDs - For Karaoke and Dance Nights.
- Small backpack or bum bag - drinks, nibbles, etc
- Sunglasses
- Something nice to wear to the disco on the last night

PLEASE NOTE:
Students will get wet, cold and extremely dirty and must wear shoes at all times during activities. They will need: Very old clothing and shoes - the clothes will get muddy, wet and be thrown into a bag to take home to lucky parents to wash. Shoes for activities must be able to be done up. (The type of Old that means they are able to be thrown out if necessary)
For most activities general outdoor clothing is appropriate but the warm clothing, comfortable sports shoes, sun block, hats, etc. will be OK. As some activities require contact for harnesses and support we recommend shoulders be covered and longer trousers/shorts.
Year Seven - Cooba Camp Itinerary

Wednesday, 19th March 2014
- 7.45am  Pick-up School 8.15am departure
- 8.15am  Depart for Cooba Sport & Education Centre, Berridale
- 10.45am Arrive Cooba Sport & Education Centre, School Talk, Settle In
  3 Activity Groups
- 11.00am MORNING TEA (Students to Bring Own)
- 11.15am Assemble for Outdoor Pursuits Day
- 12.30am Activity Session 1
- 1.30pm  LUNCH (Students to Bring Own)
- 2.00pm  Activity Session 2
- 4.00pm  AFTERNOON TEA (Students to Bring Own)
- 4.15pm  R & R
- tba      DINNER
- 8.30pm  Night Activities

Thursday, 20th March 2014
- tba      BREAKFAST
- 8.45am  Assemble for Outdoor Pursuits Day
- 9.00am  Activity Session 3
- 11.00am MORNING TEA
- 11.15am Activity Session 4
- 1.15pm  LUNCH
- 2.00pm  Activity Session 5
- 4.00pm  AFTERNOON TEA
- 4.15pm  R & R
- tba      DINNER
- 8.00pm  Night Activities

Friday, 21st March 2014
- tba      Pack-up & Tidy Rooms
- tba      BREAKFAST
- 8.45am  Assemble for Outdoor Pursuits Day
- 9.00am  Activity Session 6
- 10.30am MORNING TEA
- 10.45am Group Activity
- 12.15am Souvenir Shop Open
- 12.30pm LUNCH
- 1.00pm  Presentations/Pack Coach
- 1.15pm  Depart for School
- 3.45pm  Approx. Arrival at School

ACTIVITIES TO INCLUDE
- Team Manoeuvres
- Tower
- Low Ropes
- Big Swing
- Flying Fox
- Buggies
- Gladiator