

Western Plains Camp 2023 Consent

I give permission for my child _____ of class _____ to attend the **Stage 3 Western Plains Camp** to the Blue Mountains, Bathurst and Dubbo Zoo from **Monday 3 April to Thursday 6 April, 2023**. I understand travel will be by coach throughout this four-day period and students will take part in a variety of supervised activities.

Parent 1 Name: _____ Mobile: _____

Parent 2 Name: _____ Mobile: _____

Medical, Dietary and Special Needs

Students Medicare No: _____

Prior medical conditions of my child are:

*A **Student Health Condition Support** form will need to be completed & returned to school.*

Does your child have any other special needs?

Please sign below, thank you.

Parent 1 Signature *Parent 2 Signature* *Date*



Feeling Positive About School Camp

Extract from: <https://www.melbournechildpsychology.com.au/blog/feeling-positive-school-camp/>

School camp is a fantastic opportunity for children to develop new skills, friendships and interests. However, for some kids (and their parents!) the thought of sleeping away from home can cause a few small worries, like:

- Not being able to sleep properly
- Not liking the food camp will offer
- Who they will be sharing a cabin with
- Not enjoying the activities camp will offer
- Feeling homesick

Although these are understandable concerns, it is important to help kids feel more positive about camp and to overcome the fear of not enjoying camp.

The benefits of school camp are numerous, here are our top five:

1. Development of social skills

School camp is a great opportunity to develop a range of social skills. Most activities at camp involve team work, which is great to strengthen established friendships and also to develop new friendships by connecting with children they may not talk with much at school.

Through bonding activities, children develop supportive relationships not only with different children, but also with their teachers. At camp, children have the opportunity to learn about acceptance, caring and understanding.

2. Development of independence skills

For some children school camp is their first time away from family and home for a few nights. Parents are not there to remind their kids to eat their vegetables, brush their teeth, or to have a shower.

Therefore, this is a great opportunity for kids to grow up by learning how take care of themselves and to do things on their own. Most kids do rise to the challenge and learn to rely on themselves when they spend time away home.

3. Development of decision-making skills

Should I go with my friends or should I do the activity I really want to do? Should I have the third slice of pizza? Should I stay up for the movie or go to bed early? At camp, children are responsible for making more of their own choices.

4. Increased environmental awareness

During camp, children are exposed to authentic nature-based experiences. Hands-on activities in the outdoors

stimulate all senses and facilitate learning. Children become more aware of the environment, develop outdoor skills and appreciation for nature.

5. Learning new skills

Children will be exposed to a range of activities that they may not have tried before. When away from their parents, children are often more adventurous and willing to try new things.

OK great... but what if your child is feeling a little anxious about camp? Here are tips to help your child feel more confident about going to camp:

1. Preparation is the key. Talk with your child about their worries and fears. Talk about your own experiences at camp and how you overcame your own challenges. Some other ways to help them to look forward to it include:

- Discuss the activities they will be doing. Which ones will be challenging? Which ones will be fun?
- Practice sleeping away from home by having sleepovers at a close friend or family member's home.
- Visit websites of places they will be going or pictures/videos of what they will be doing. Talk about these things together.

2. Pack together and make it fun. Give your child the responsibility of checking that they have all the required equipment and take them on a special shopping trip to buy what they are missing. When packing, give your child a special memento to take with them that will help them feel safe. It can be a special soft toy or picture that they can keep in their sleeping bag.

3. Give your child a special journal to take with them on camp. You can write encouraging messages that they can read while they are away. They can also write or draw things they will like to share with the family once they are back home.

4. Talk to your child's teacher and share the concerns you have. The teacher will appreciate this extra information and give your child extra support if they need it.

Mostly, keep encouraging them and helping them to get ready for what could be a highlight of their childhood!

Reminder of what to pack - please label everything!

- Daypack
- Packed morning tea** including two snacks, and **afternoon tea** including two snacks
- Two drinks**, reusable **water bottle** is required
- Copy of itinerary
- Watch

Essentials - 1 med/large piece of luggage

- Sleeping bag
- Pillow
- Small day backpack for bus
- Water bottle
- Hat or cap
- Raincoat
- Torch
- Toiletries (toothbrush/paste, flannel, roll-on deodorant (no aerosol), soap, brush, shower cap for girls)
- Sunscreen, insect repellent
- 2 bath towels
- Tissues, hankies
- Enamel 'camping' cup for warm and cold drinks, labelled
- Garbage bag for wet/dirty clothes

Medication

- All medication labelled** (including travel sickness tablets for return journey) and given to teachers **by parents** on Monday morning

Comfortable Clothes

- 4 t-shirts/long sleeved shirts (no singlets)
- 4 sets underwear
- 4 pairs shorts/track pants (no skirts)
- 3 old jumpers/sloppy joes
- 1 long pair of pants for night activities
- Warm jacket(s)
- Beanie
- 1 pair pyjamas/track suit for bed
- 4 pairs socks
- 1 pairs of comfortable runners
- Thongs for showering
- One **entire** outfit (t-shirt, shorts, socks, shoes) for gold panning. Choose old clothes that can get dirty.

Optional

- Money for souvenirs etc. Please note some venues will be cashless.
- G or PG movies for bus
- Digital camera

No other electronic devices should be brought on this camp

Please do not pack Mobile Phones

We understand parents can feel anxious when their child is away from home. On Primary School camps however, we prefer students do not bring phones as they generally cope better, immerse themselves completely in activities and go to bed happy and exhausted. Please rest assured you will be immediately contacted if needed. We also regularly post updates and photos through Facebook when and where possible Wi-Fi is available. Thanks for your understanding on this issue.