



Year 7 Crosslands Camp

Wednesday 22nd to Friday 24th February 2023

LOCATION: Crosslands Youth and Convention Centre, Galston

TRANSPORT: Students will be travelling by coach to Crosslands Youth and Convention Centre, Galston. Boys should arrive at the College at **7.45am on Wednesday 22nd February**. Buses will leave promptly at 8am. *If you are running late, please contact Mrs Englund on 0455 344 197.*

Buses should arrive back at the College on **Friday 24th February at approximately 2.30pm** in time for normal buses. Any changes to times will be provided via the College App and Facebook page. If you are collecting your son on Friday afternoon, please park outside of the school bus zone and wait for him inside the school basketball courts. Our other students will be arriving back from Friday activities at this time and waiting on the footpath creates a safety issue.

ACCOMMODATION: Students will be staying in tents that are provided by Australian Outdoor Education. Students will be supplied with a thin yoga-style sleep mat. They may bring an additional sleeping matt if they prefer. While the days are likely to be warm it is strongly advised that students bring a good quality sleeping bag with a –5 degree rating as the nights become very cold in the deep valley even in summer.

MEDICATION: All medication must be handed in to Mrs Englund on arrival at the College in a clearly labelled bag (details of dosage and frequency must be provided in the consent form). Separate written permission must be provided indicating that your son can self-administer his medication without supervision. *No student is to have any medication without notification. If your child is unable to swallow tablets, please supply liquid Panadol to be administered if required.*

ILLNESS: Due to the steep access road to the camp it is not practical to have parents collect sick students in the night. If your son is ill, please keep him at home as many students become distressed if they are sick at night and are unable to be collected.

ACTIVITY PROGRAM INCLUDES:

- Canoeing
- Stand up paddle boarding
- Team Initiatives
- Abseiling
- Hiking
- Flying Fox

While students will be encouraged to challenge their comfort zone, each boy will determine his own level of participation in each activity.

CONTACT DETAILS: For the duration of the camp, Mrs Englund can be contacted during school hours via College Reception on 4321 6400. A number for overnight emergencies will be provided via email closer to the date of the camp.

EXCLUDED ITEMS

In the interests of a positive experience for your son we ask that parents please support these exclusions:

- Mobile phones – camp is an opportunity for students to connect with their peers and the environment and disconnect from the digital world. Students become distressed when these devices are lost, broken etc. As there is very limited reception at the camp, any essential contact between students and their families can be facilitated by Mrs Englund.
- Cameras – staff will be taking photos to share with students and their families.
- Valuable items eg. watches, jewellery etc. No responsibility will be taken for damaged or lost personal devices.
- Lollies – there is no eating on the short bus trip and lollies invariably cause disputes at camp.

BEHAVIOUR

Students are expected to follow College and Camp rules and behave in a manner which demonstrates our College values. If any student contravenes these rules and puts themselves or others at risk, their parent or carer may be contacted, and arrangements will then be made for the student to be collected from camp.

ANXIETY

We understand that while most students look forward to camp, there will be others who may have concerns or experience anxiety. We offer a group session for camp preparation with our school counsellor, Terasa Killin, who will be accompanying us to camp as an additional support for students. Many simple strategies and small adjustments can improve or resolve these issues. If you have any concerns about your son's participation in the camp or if your son is unable to attend the Camp, please contact Mrs Englund via email at henglund@stedwards.nsw.edu.au or 4321 6409.

[PLEASE CLICK HERE TO COMPLETE CAMP CONSENT FORM AND MEDICAL INFORMATION](#)

It is appreciated if you could complete the above consent form ASAP. Do not hesitate to contact the College if you have any questions, or if your son's medical condition changes after you have submitted the consent form.

Yours sincerely,



Mrs Heidi Englund
Year 7 Pastoral Leader
henglund@stedwards.nsw.edu.au

COVID-19 SAFETY PROTOCOLS

A thorough risk assessment has been conducted on this event. Great consideration has been given to implementing all the necessary [Current COVID-19 Rules and Guidelines](#)

If a student has any signs and symptoms of COVID-19 including fever, cough, sore throat, shortness of breath, runny nose, loss of smell/taste, muscle/joint pains, diarrhea, nausea/vomiting, extreme tiredness, unexplained chest pain or conjunctivitis (eye infection) he is not to attend the event. Parents are asked to notify the College of their son's absence via phone or email.

[If a student tests positive, parents are required to notify the College via this link, also available on the College website](#)

If a student presents at school or the venue with signs and symptoms, he will not be permitted to attend the day and parents will be contacted to collect him. Similarly, if a student develops signs and symptoms while attending the excursion, families will be contacted to make arrangements for him to return home.

STUDENT EQUIPMENT LIST

ITEM	QUANTITY	CHECK & LABELLED
Clothing		
Beanie	1	
Jacket/Jumper	2	
Long pants	1	
Shirts	3	
Shoes (good walking shoes)	1 pair	
River/Water Shoes (enclosed, no thongs/slides/crocs)	1 pair	
Thongs (for shower)	1 pair	
Shorts	2 pairs	
Socks	3 pairs	
Tracksuit essential at night for sleeping in	1	
Underwear	3 sets	
Swimmers including a rash vest/sunshirt (compulsory)	1	
Wet Weather Gear	Essential	
Hat – preferably with neck coverage	1	
Utensils – You will need these as there will not be spares at camp		
Bowl	1	
Cutlery	1 set	
Mug	1	
Plate	1	
Tea towel	1	
Carry bag - a shopping bag is perfect	1	
Bedding		
Pillow in distinctive pillowcase (for easy identification)	1	
Sleeping bag - -5 degrees rating	1	
Other		
Toiletries (body wash, toothbrush, toothpaste deodorant: no spray-on)		
Water Bottle – must have a refillable bottle	1	
Large Plastic bags for wet/dirty clothes	3	
Sunscreen	1	
Head Torch or Torch	1	
Towel	2	
Insect Repellent	1	
Day Bag	1	