



Mount Colah Public School

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Telopea Street
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16 November 2017

Years 6 Great Aussie Bush Camp Excursion 11 – 13 December 2017

Dear Parents,

In preparation for our Year 6 excursion in week 10, we require parents to complete the medical form attached. If your child takes medication daily or regularly, please make note of it on this form. If your child needs to take other medication e.g. antibiotics, while on the excursion, please bring the 'Administration of Medication' form to school completed on the day of the excursion.

It is also important that any special dietary requirements or food allergies are listed. Please write N/A or 'not known' if not applicable. The medical form needs to be returned by Friday 24 November, to your child's teacher.

The accompanying list of items is a suggestion on what to pack for the excursion.

Please arrive at school for 8:30am on Monday 11th. The students will arrive back from camp on Wednesday 13th at approximately 3:00pm.

If you have any queries, please see your class teacher or Mr Tod.

James Tod
Assistant Principal
Stage 3

Dr John Paterson
Principal

Current Medication / Dietary Requirements

School: _____ Student Name: _____

Time and Dosage – Please specify exact time of medication

	Breakfast		Lunch		Dinner		Other	
Medication Name	Time	Dose	Time	Dose	Time	Dose	Time	Dose

Regulations require that all medication must be provided in the original container / packaging.
Teachers will collect and administer all medication.

Has your child suffered from any Acute Illness in the past four months? If yes, details.	Yes	No
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Has your child been treated by a doctor in the past four weeks? If yes, please attach a medical certificate outlining treatment, and stating that the child is fit to attend camp.	Yes	No
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Has your child had any major surgery? If yes, please specify.	Yes	No
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Is your child's Immunisation up to date, including tetanus? If yes, what year was the last booster given?	Yes	No
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Does your child wet the bed?	Yes	No
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Does your child sleep walk?	Yes	No
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Do you give permission for Panadol to be administered if required?	Yes	No
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Does your Child have any Dietary Requirements? If YES please specify:	Yes	No
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Water or Swimming Activities:

In relation to any proposed water or swimming activities, my child: Name: _____

(Please tick ✓ one:)

STRONG SWIMMER ☐

AVERAGE SWIMMER ☐

POOR SWIMMER ☐

NON-SWIMMER ☐



TEA GARDENS

Medical and Consent Form – Child

Name of School: _____ School year: _____

Student Details:

Surname: _____ Given Names: _____

Address: _____

Postcode: _____ Date of Birth: ____/____/____ Male ☐ Female ☐

Parent / Guardian Details:

Please Tick ✓: Mother / Guardian ☐ Father / Guardian ☐ Other Contact ☐

Full name of Parent / Guardian Details: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Medicare Number: _____ Expiry Date: ____/____/____

Student Name on Card: _____

Student Number on card: _____

Ambulance Cover: Yes ☐ No ☐

Private Health Fund Name: _____ Health Fund member number: _____

Is your child in good health? Yes ☐ No ☐

Does your child require regular medication? Yes ☐ No ☐

Does your child suffer from any Chronic Illness / Injury / Allergies?
If yes, please specify? Yes ☐ No ☐

Parent / Guardian Signature: _____ Date: ____/____/____

MT COLAH PUBLIC SCHOOL

Administration of Medication - Authority

Years 6 Great Aussie Bush Camp. If your doctor feels that your child is well enough to attend the excursion, but needs some form of medication during our 3 days away, please complete and sign the following note.

I request that my child _____ Class _____
be allowed to take _____
(name of medication)

which has been prescribed by Dr. _____

My child is to take the dose written on the label at _____ (time) each day until
_____ (date of last dose).

I authorise Mt Colah Public School staff on the excursion to administer the above mentioned medication to my child. Please hand all medication to Mr Tod prior to getting on the bus.

Signature: _____
Parent/Guardian

Date: _____

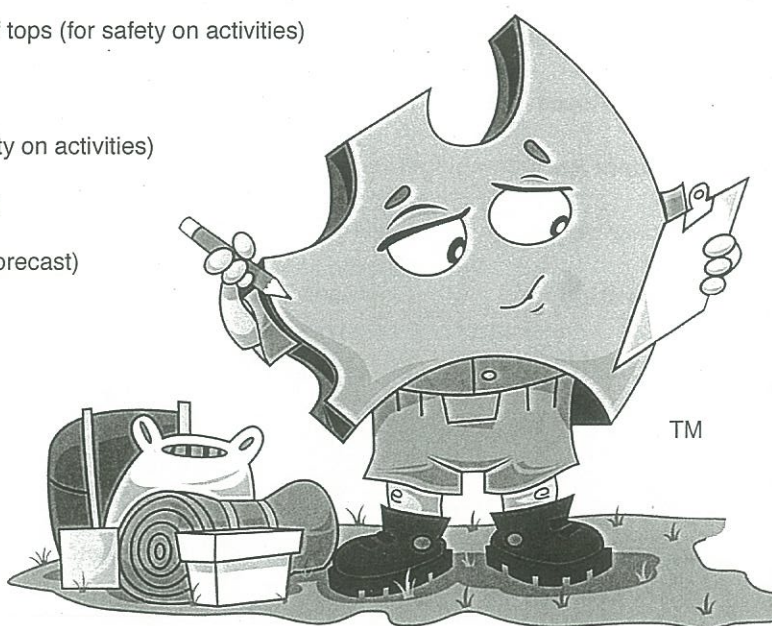
Gear Checklist – Children (Based on a 3 day camp)

PLEASE CLEARLY NAME ALL ITEMS

MEDICATION NEEDS TO BE GIVEN TO THE ORGANISING TEACHER

The checklist below is a guide only. It is a good idea for students to pack their own bags so that they can re pack for the trip home.





- Mess kit (plate, cup and fork) Non disposable
- Water bottle
- Raincoat (regardless of forecast)
- Hat or cap
- Sleeping bag (extra blanket in winter)
- Pillow
- Sunscreen
- 1 pair pyjamas (tracksuit in winter)
- Day pack (small backpack for water, sunscreen, etc)
- Torch (make sure it works before you leave home)
- Toiletries (including toothbrush!)
- Insect repellent
- 2 pairs of runners (1 old pair for water activities)
- Thongs – only for going to and from showers
- 3 T-shirts needed, no singlet tank tops / midriff tops (for safety on activities)
- 3 sets of underwear
- 3 pairs of shorts - NO MINI SHORTS (for safety on activities)
- 3 pairs of track pants (if cold weather forecast)
- 2 sloppy joes / windcheaters (if cold weather forecast)
- 3 pair socks
- Bath towel
- Beach towel and swimmers
- Optional - camera, money for souvenirs
- Tissues / hankies
- Plastic bags for wet clothes / towel.

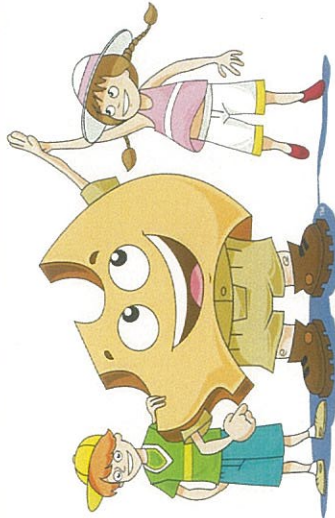


TEA GARDENS

Mt Colah Yr 6 Program 11/12 - 13/12/2017



MONDAY	TUESDAY	WEDNESDAY
11.00am Arrive at Camp / Welcome 	6.00am Rise and Shine	6.00am Rise and Shine
Accommodation	6.30am BREAKFAST (HQ)	Pack Up / Clean Up
11.30am LUNCH (HQ)	7.30am Prepare for Activities	6.30am BREAKFAST (HQ)
12.30pm Prepare for Activities	8.00am Activity 3  1 Canoeing (d) 2 Dual Flying Fox (a)	7.30am Finish Pack Up
12.45pm Activity 1 1 Lost Island 2 Lost Island	9.45am Morning Tea	8.00am Activity 5 1 High Ropes (c) 2 Giant Swing (a)
2.45pm Afternoon Tea 	10.00am Activity 4 1 Rock Climbing 2 Canoeing (d)	9.45am Morning Tea
3.15pm Activity 2 1 Dual Flying Fox (a) 2 Rock Climbing	11.45am LUNCH (HQ)	10.00am Activity 6 1 Giant Swing (a) 2 High Ropes (c)
5.00pm Showers	12.45pm Afternoon Session Sand Dunes Beach Games / Swimming	11.45am LUNCH
5.45pm DINNER (HQ)	5.00pm BEACH BBQ	12.45pm Load Buses
6.45pm Night Activity  Commando (b)	6.00pm Showers	1.00pm Depart Camp
8.45pm Campfire	7.00pm Night Activity Challenge Night (Theatre)	
	9.00pm Campfire	



See You Next Time !!