



Hunter Valley  
Grammar School

31 January 2019

Event ID: 3829

## YEAR 11 CAMP – STUDY RETREAT, GLENWORTH VALLEY

Dear Parent/Guardian

Hunter Valley Grammar School has a commitment to Outdoor Education and regards it as an important part of the curriculum offered by the school. Camps are held annually for Years 3 - 11. These camps are an opportunity for students to learn lessons that are difficult to deliver in the classroom. The outdoors can assist in the acquisition of personal qualities such as independence, perseverance, teamwork and leadership. While these camps often involve exploration of the outdoors they also encourage students to explore their inner worlds through the challenges they face and the relationships they develop.

### Details

Camp for Year 11 occurs in week 11 of Term 1. The camp is organised by Glenworth Valley and HVGS, with various external providers taking roles during the camp. The Year 11 students will have a week of challenge in the Peats Ridge district.

Details of the camp are summarised below:

Date:	<b>Tuesday 9 April – Friday 12 April 2019</b>
Location:	Peats Ridge Glenworth Valley
Departure:	8:30am Tuesday 9 April from HVGS
Return:	2:30pm Friday 12 April

### Catering

Students will be provided with all of their meals for the entire camp. Students may be required to help with preparation or cleaning up after meals.

Further details of the Year 11 camp are provided in the information sheets attached to this letter.

### ▲ Equipment Checklist

Activities planned for this camp include:

- ♣ accommodation is on site in tents,
- ♣ study sessions and pastoral activities
- ♣ outdoor activities – mud run and ONE of the following (horse riding, Abseiling, Quad Biking)
- ♣ some time out for entertainment – including movies (m rating maximum)
- ♣ team building initiatives

Students may catch normal buses to school on Tuesday and home on Friday. A sports bag or backpack is suitable to bring to camp.

In order to take part in the camp you will need to use the 2 Glenworth Valley links below:

Medical and Personal Information WEB LINK: <https://regonline.activeglobal.com/HVGS2019>

Glenworth Valley Waiver Form WEB LINK: <https://gvoa.wufoo.com/forms/m1ijzvfv1yslhrx/>

Please complete both of these forms prior to returning your HVGS Permission slip

- ▲ Glenworth Valley Medical Form (to be completed online at <https://regonline.activeglobal.com/HVGS2019>)
- ▲ Glenworth Valley Waiver Forms (to be completed online at <https://gvoa.wufoo.com/forms/m1ijzvfv1yslhrx/>)

Further student meetings and camp preparation sessions will occur in the near future during school time.

**Please complete and return Pages 4 and 5 to Senior School Office Mrs Kennedy by Monday, 4 February 2019**

- ▲ HVGS permission slip
- ▲ Glenworth Valley Participant Medical History – completed online
- ▲ Glenworth Valley Waiver Form – completed online

Students will need to be at school by 8.30am on Tuesday and will be able to catch their school bus home on Friday.

If you have further questions please contact Ms Sheeba via email at [sheebal@hvgs.nsw.edu.au](mailto:sheebal@hvgs.nsw.edu.au)

Yours sincerely



Loodia Sheeba  
**Teacher in charge - Outdoor Education**



Brett Blake  
**Director of Administration**



## GEAR LIST FOR 11 CAMP

**Doona or Sleeping bag** ensure bag is warm enough – **(you will have a stretcher to sleep on)**

**Pillow**

**Rainjacket** Rainjackets are **essential** and must be waterproof. They should be tough and at least cover to the thighs. Spray jackets, parkas, plastic raincoats or ponchos not suitable.

If raining / likely to rain please carry raincoat on the bus rather than packed in your bag.

**Footwear** You require 2 pairs of 'closed toe' shoes at camp. One must be sturdy, comfortable with lots of grip for bushwalking. The other should be an older pair able to get wet and dirty. **Thongs are only for showering.**

**Sun Hat** A hat is compulsory. We recommend a soft hat with wide brim or peak and cape.

**Water Bottle** You will require **two x 1 Litre** water bottles with screw lid - leakproof and unbreakable.

2 Long sleeved shirts - 1 for 'dirty' activities and 1 for sun protection

1 Long pair of pants - for sun protection and evening warmth

2 Pairs of shorts

3 Polo or 'T' Shirts - ones with collars are recommended

1 Wool jumper - wool (or fleece) will stay warm when wet

4 pairs of socks & underwear - thick wool or cotton socks are best

Tracksuit or pyjamas - to sleep in

Bath towel

Small towel and swim costume- students **must** wear shorts and shirt in river, eg rash vest, board shorts

Torch - including spare batteries and globes. Dolphin style are too heavy.

Toiletries - include soap in container, toothbrush & paste, hairbrush, personal gear

Sunscreen & Insect Repellent. Sun glasses if desired

3 large heavy duty garbage bags - for wet gear

Camera – optional - disposable ones are great for camp

**Please note – equipment for study component of the camp will be outlined by the Head of Year prior to the camp commencing.**



SENIOR SCHOOL CAMP

Return the following forms to the Senior School Office by Monday 4 February 2019

▲ HVGS permission slip pg4

▲ HVGS Medication Form pg5

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

Mentor Group: \_\_\_\_\_

I give permission for my son/daughter to participate in the School Camp Program from 9 April to 12 April 2019. I have read and understand the information contained in this permission letter. I understand, and support the nature of the activities that will be undertaken at Camp.

For the purpose of supervised unstructured water activity (free swim at POOL OR NATURAL WATERWAY)

PLEASE TICK

I give permission for my son or daughter to participate in unstructured water activity. I judge my son/daughter to be:

- a capable swimmer
 a non-swimmer

I do not give permission for my son or daughter to participate

Risk Warning

While Hunter Valley Grammar School takes measures to make camp activities as safe as reasonably practicable for participants, there is a risk that students can be injured, suffer loss (including financial loss) and damage as a result of their participation in these activities.

Injury can occur while the student is engaging in or watching an activity, or traveling to and from an activity. The injury may result from a student's actions or the actions of others.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases, the injury can be life-threatening or result in permanent disability. If a student has a pre-existing injury, participating in particular kinds of activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed. Please sign below to acknowledge that you understand the risks associated with the camp activities, and that you are aware of the activities that your child will participate in. Please nominate any activity in particular in which your child is not to participate:

Three horizontal lines for signing and nominating activities.

Please rank your preferred activity (1-3) from below for the outdoor activities:

Table with 4 columns: Option, Horse Riding, Abseiling, Quad Biking and a Preference row.

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

Date \_\_\_\_\_

## MEDICATION INFORMATION

If your child will be taking any medication to camp, they are required to hand it to their Head of Year on the morning of camp in a snap lock bag with their name clearly printed on the front. This will be administered by the teacher supervising your child during the camp.

Please supply information in the table below regarding the correct usage of all medication that your child will be taking to camp.

<b>Name of Medication</b>	<b>Quantity (tablets/ml etc)</b>	<b>Time of day (Morning / evening etc)</b>	<b>Other relevant information eg with food etc</b>