



St Patrick's Parish School, Cooma

A School With Altitude

AP: OM:

2 February 2018

Dear Parents/Carers

A Welcome Retreat for Year 7 will occur in week four of Term 1, 2018 to the Kianinny Outdoor Education Centre located 1 km from Tathra. The excursion details are listed below.

| Title of Excursion | Year 7 Welcome Retreat |
|--|--|
| Rationale for excursion | This Welcome Retreat is an important part of the Year 7 development and our spiritual theme for the retreat will be "Step Up, Stand Up, Speak Up". This is an opportunity to build relationships that will support your child through their high school years and to develop team building and group work skills, interact with students in their year to enhance bonding, develop leadership skills, take part in activities including low ropes, canoeing, archery, team rescue and other team building exercises. |
| Date/s of excursion | Monday 12 February – Wednesday 14 February 2018 |
| Destination | Kianinny Education Centre, Tathra |
| Supervising Teacher/s | 3 teachers will accompany students. |
| Time and place of departure | 9:15am Monday 12 February from the Secondary Department |
| Time and place of return (approx) | 3:15pm Wednesday 14 February to the Secondary Department |
| Transportation | Bus |
| Cost | \$270. This payment and all forms need to be returned by Wednesday 7 February 2018. Payment can be made in instalments. If you would like to discuss flexible payment options, please contact Mrs Robertson. |
| Special requirements or equipment | It is expected that all students will attend the retreat as each experience is organised as part of a process to build confidence and a sense of school spirit and community. retreat activities will be directed by fully trained staff at Kianinny. Please advise in writing of any specific dietary requirements that need to be considered |
| Dress code | A detailed packing list is attached |
| Contact details | If you have any questions, or if your child is unable to attend the retreat please contact Mrs Stacey on 6452 1721 |

Thank you for your support.

Frances Robertson
Principal

Suzanne Stacey
Year 7 Retreat Coordinator



St Patrick's Parish School, Cooma Excursion Consent and Medical Information Form

I _____ permit _____ of _____
(Name of Parent - printed) (Name of Student) (Homeroom)
to take part in the **Year 7 Retreat at Kianinny from 12 to 14 February 2018.**

I understand and agree with the activities of and arrangements made for the excursion. During the excursion, I delegate my authority to the supervising staff involved in the excursion. The staff may take necessary disciplinary action, to ensure the safety, wellbeing and successful conduct of the students as a group and individually. If a student fails to comply with regulations, arrangements and/or the spirit of the excursion, it may be necessary for him/her to return home. I understand that this expense will be my responsibility.

In the event of illness or an accident that requires medical attention, I permit supervising staff to seek necessary medical attention on behalf of my child and I agree to be responsible for any costs incurred through such action. This may include the use of an ambulance.

I further authorise qualified practitioners to administer anaesthetic, if such an eventuality necessitates it.

Signature of Parent: _____ Date: / /

Contact Numbers: Home: _____ Work: _____ Mobile: _____

PAYMENT DETAILS:

I enclose cash/cheque payable to St Patrick's Parish School, Cooma for \$270.00 **OR** please deduct from my Visa/Mastercard

Card No. _____ Exp Date: __ / __ Cardholder Signature: _____

MEDICAL INFORMATION:

(Students are not permitted to participate in an extended excursion without this information)

1. **Medicare Number** _____ **Expiry Date** _____

Are you a member of a Private Health Fund? **NO** **YES** Please specify below.

Name of Health Fund: _____ Number: _____

2. **Does your child have any medical condition/s that may affect his/her safety during an excursion?**

(Eg. asthma, fainting, seizures, allergies, diabetes, reaction to drugs, headaches) **NO** **YES**

Please specify below, outlining an emergency treatment plan. Be specific about any allergies.

3. **Will your child be carrying and/or self-administering any medication in relation to the condition/s listed above?** Parents are requested to make arrangements with the teacher-in-charge for safekeeping and handling of prescribed medications prior to the excursion. **NO** **YES**
Please specify, outlining the management plan below.

4. **Please provide any other information about your child which may enable the organisers of the excursion to provide better care for your child. This includes dietary requirements.**



St Patrick's Parish School, Cooma

Water Activity Consent Form

I give permission for _____ (student's name) to participate in the water based activity during the Year 7 Retreat.

Please indicate the level of swimming competence:

- | | |
|---|--|
| <input type="checkbox"/> Strong independent swimmer | <input type="checkbox"/> Average swimmer |
| <input type="checkbox"/> Poor swimmer | <input type="checkbox"/> Non-swimmer |

My child can swim _____ metres without a flotation device.

Signature of Parent _____ Date _____

Student Statement for overnight excursions

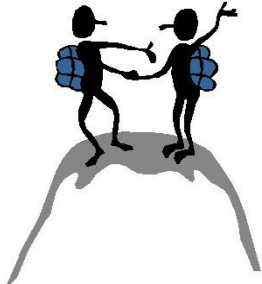
I understand that care and attention have been given to the planning of this excursion. Therefore, I will participate to the best of my ability. I understand the teachers' responsibilities and will follow their directions. I also agree to comply with all of the regulations and instructions that are given by the outside providers, designed for my safety and comfort. I understand that if I fail to comply with regulations, arrangements and/or the spirit of the excursion, it may be necessary for me to return home. I understand that the cost will be borne by my parent.

Signature of the student _____ Date _____

RECOMMENDED PACKING LIST

(For a 3 day stay)

THIS LIST OF CLOTHING IS IN ADDITION TO WHAT YOU WEAR ON THE FIRST DAY



- 3 sets of underwear
- 3 pairs of socks
- 3 shirts with sleeves (no singlet tops)
- 1 woollen or polar fleece jumper
- 2 pairs of shorts
- 1 pair tracksuit pants / trousers
- Shoes for walking (runners or boots) and one pair of old sneakers for water activities
- 2 towels (one for swimming and one for showering)
- Toiletries
- 1 bucket style hat
- Sunscreen
- Sleeping bag
- 1 Pillow and pillow slip
- Water bottle and backpack
- Torch -(no laser lights)
- Pyjamas
- Raincoat
- Swimmers
- Packed lunch for Day 1