



**PETER CARNLEY**  
ANGLICAN COMMUNITY SCHOOL

**Year 5 Camp**  
**Forrest Edge Recreation Camp**  
**Waroona**  
**Wednesday 22 – Friday 24 February 2012**



**Parent Handbook**

# General Information

The School's Camp week is in the fourth week of Term One. The Year 5 Camp is at Forrest Edge Recreation Camp, Waroona (approximately 1.5 hours from Perth) and will involve all Year 5 classes together. **The camp will begin on Wednesday 22nd February and we will return on Friday 24 February.**

We will be transported in coaches to Forrest Edge Recreation Camp in Waroona.

There will be 2 PCACS staff in attendance, in addition to other adults providing specialised services from the campsite, and parents.

## **PCACS Staff:**

Miss Kierin Janes  
Miss Claire Hepburn

## **Aim and Spirit of the Camp**

Adventure based learning is a hands on experience where activities are used as a means to discover individual or team ability and potential. Each camp program is designed to fulfil goals which are centred on a number of areas including leadership, communication, trust, teamwork and self-esteem.

## **Camp Activities**

The camp experience consists of many enjoyable and challenging activities including:

Incentive course, crate climb, initiative games, flying fox, climbing wall, canoeing, low ropes course and raft building.

## **Behavioural Expectations**

The normal expectations detailed in the Homework Diary are to be followed on all camps. Students must think of safety of themselves above all else. Any student who decides not to heed to safety regulations of camp and PCACS will find themselves subject to School discipline upon return to school, with perhaps even the removal of the students from camp.

## **Preparation for Camp**

Prior to camp we have several discussions about the behavioural expectations while we are on camp. It is important that the students know what to expect before they leave and understand that on camp they will be expected to maintain the same high level of behaviour that they practise whilst at school.

Some of the topics we cover include:

- Manners- Table manners and the correct use of eating utensils.

- Tidiness- Keeping bags, rooms and clothes tidy and organised including where to put dirty clothes.
- Hygiene- Brushing teeth, brushing and washing hair and cleaning hands.
- Consideration- Not talking when others have gone to sleep, keeping their bunk tidy, looking after others.
- Homesickness- Strategies for dealing with sadness.

For all children, regardless of whether or not they have spent the night away from home, camp is a steep learning curve. It can be difficult for students and parents alike to know that they are going to be away from one another for a few nights. We have found that the students react best if they have talked about homesickness with their families before they attend camp. It is an important conversation to have with your child, acknowledging the idea that they will not be able to communicate with you for the time they are away. Some of the strategies we discuss in class include bringing a small picture of their family, a familiar stuffed toy or a having a really happy memory involving their family to think about when they are feeling sad. Once students are at the camp they usually deal well with homesickness as they are kept busy for much of the day and night, but it helps to ensure they are well prepared.

### **Student Medication**

Parents who are handing over their child's medication to staff should do so the Friday before camp and check that all instructions are clearly understood. The car park at the time of leaving is not appropriate for such information. Please also include the School's medical delivery form. All medication must be in its original packaging with dosage and child's name written on it. It is the School's policy that students taking ADHD medication do not self-administer during Camp Week due to the quantity and type of drug involved.

### **Equipment List**

There is an equipment list included in this handbook. Please ensure that you include only the items on this list. All items taken to camp should be clearly labelled with your child's name to ensure that it can be returned should it be misplaced. It is important to note that no electronic equipment should be taken on camp. Staff members will have cameras and will take many photos of the camp experience to share with students upon return to school.

We appreciate your support and enthusiasm in our School Camp Week. We are confident your child will have a wonderful camp experience. Further details on exact departure and arrival times and the cost of the camp will be sent home shortly.

Yours sincerely

Miss Kierin Janes and Miss Claire Hepburn

Year 5 Camp Coordinators

# Year 5 Camp

## Forrest Edge Recreation Camp

### Daily Routine

<b>7:00am</b>	Children are woken up from dorm rooms and asked to get dressed for the day.
<b>7:20am</b>	Students set up for meal/Bunk inspections
<b>7:30am</b>	Everyone moves to breakfast
<b>8:00am</b>	Students brush teeth/clean up crew does dishes
<b>8:20am</b>	Students assemble in group ready for daily activities
<b>8:30am</b>	Activities begin
<b>12:00pm</b>	Students assemble back at camp for lunch
<b>12:40pm</b>	Clean up crew does dishes
<b>1:20pm</b>	Reassemble in groups for afternoon activities
<b>5:00pm</b>	Students return from activities
<b>5:15pm</b>	Students set up for dinner
<b>5:30pm</b>	Dinner
<b>6:00pm</b>	Clean up crew does dishes
<b>6:30pm</b>	Night activities begin
<b>8:00pm</b>	Back to bunks to brush teeth
<b>8:30pm</b>	In bunks (quiet time)
<b>8:45pm</b>	Lights out

#### **Day activities:**

Big fox  
Incentive course  
Rafting  
Canoeing  
Crate Climb  
Rock Climbing  
Ropes

#### **Night activities:**

Wednesday: Quiz  
Thursday: Talent show

# Equipment List

**Please note that all equipment should be labelled clearly with the student's name. Parents should remember that clothing to be worn during the day should be Sunsmart so no singlets should be worn in the daytime.**

## General items:

- Suitable clothing for the number of days at Forrest Edge.  
(It is highly recommended not bringing any new clothing- short shorts, dresses and skirts are not appropriate)
- A warm jumper
- 1 waterproof jacket or raincoat
- Long pants for bushwalking
- 1 pair of old shoes for everyday use
- 1 pair of shoes/booties/reef shoes suitable for wearing during water activities  
(thongs are not suitable- footwear must be secure)
- Bathers, rashie and a beach towel (for water activities)
- Pyjamas
- Personal toiletries
- Towel
- Torch
- Hat
- Sunscreen
- Drink bottle
  
- **No singlets, skirts or short shorts.**

## Bedding:

- Each bed has a mattress and a clean bottom sheet only. In order to maintain the highest standard of hygiene while on camp, it is necessary to bring your own pillow and pillowcase.
- Sleeping bag (include a single sheet inside it if you feel that your child will be too warm sleeping inside the bag during summer.

## Optional items:

- A small picture of their family or a stuffed toy.
- A book to read on the bus or before they go to bed.

Please note that students will not require any money while they are on camp. All electronic equipment should be left at home.