

10 March 2022



Dear Year 10 Parents and Carers

Under the Stewardship of Mary Aikenhead Ministries

Year 10 Camp

Arrival at school: Wednesday 30 March - 8:30am
Return to school: Friday 1 April - 3:00pm

Year 10 will be attending their College Camp from Wednesday 30 March to Friday 1 April 2022. The Camp will be facilitated by Southbound Adventures (www.southbound.com.au) and will be based at the Crosslands Youth Conference and Convention Centre in the Berowra Valley National Park. Southbound Adventures offers outdoor experiences to school students in a professionally managed outdoor education program.

Year level camps and retreats are an integral part of the curriculum at St Vincent's College, and all students are expected to attend. These camps and retreats are designed to complement the education program and provide students with further opportunities to develop their learning and social skills. These opportunities aim to develop deeper learning, confidence, independence, responsibility and a sense of community within the context of the Ignatian ethos and values of the College. Our outdoor camps develop the learning skills of problem solving, collaboration and resilience arrived at with persistence and support. **The camp fee is integral to the Learning Resource Fee and we are unable to make refunds for non-attendance.**

Mr Woolbank, Head of Aikenhead House will be the staff member responsible for the coordination of this Year 10 Camp as well as the Site Coordinator during the camp, well supported by a team of Year 10 teachers from each of the six Houses. Students will be allocated into activity groups by Mr Woolbank in consultation with the other Heads of House. These groups will participate together in activities throughout the three days on Camp which may include, hiking, kayaking, mountain biking, canoeing, stand up paddle boarding, high ropes course, flying fox and bush cooking. A Southbound Adventures Group Leader and a teacher from St Vincent's will accompany students on all activities.

The Year 10 Program for 2022 is an expedition style camping experience. Students will have one night of camping in tents, and one night of expedition camping and will have access to either toilet facilities or bush toilets at the Crosslands base camp. Students will work together to prepare and cook their own meals with the equipment provided by Southbound Adventures. Tents will be supplied, however, all other essential items, including sleeping bags and mats, will need to be supplied by students. An extensive list of items to be bought to camp is attached. Please go through this list diligently to ensure your daughter is prepared for all conditions. It is reasonable to expect harsh wear on clothing. **Please note students will need to arrive at the College on Wednesday morning wearing their hiking gear and day backpack ready with recess, lunch, water, sunscreen and hat. Their main bag will remain on the bus and will be taken directly to the base camp (students will hike in from the bus-drop off).**

It is expected that students will respect and honour the usual College Expectations and Student Responsibilities as outlined in their Diary and the attached Student Agreement. **Under no circumstances is a student to have her phone with her during the camp and students are not to bring music devices or valuables to camp. If you feel she must bring her phone to access upon return to the school for traveling home Friday afternoon, she must hand her phone into Mr Woolbank on Wednesday morning. Please have phones switched off and labelled in a plastic zip lock bag. It would be preferable that no phones are brought.**



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Students would be given the opportunity to ring home from Student Services Friday afternoon if it were necessary and if we need to notify parents of any late arrival on Friday, we shall do so via SMS and email. Staff and students have access to campus phones if required. **For emergencies you may speak with a member of staff via Southbound Adventures on 02 4578 4888 or after hours on 0418 970 056.**

Students will need to be at the College at **8:30am on Wednesday 30 March for roll call on the College tennis courts.** If your daughter is sick on the day, please call reception by 8:00am. Students will return at approximately 3:00pm on Friday 1 April; drop off location will be Victoria Street, Potts Point, an easy and familiar walk to the train station or wait to be collected near the Victoria Street entrance.

As a leading professional outdoor organisation, safety is foremost throughout every program run through Southbound Adventures. The Camp is staffed by a team of qualified, professional Outdoor Leaders, trained in all aspects of the program, certified in First Aid, and familiar with the local area and environment. Parents and carers can be assured that all camp venues and transport providers have COVID safe plans in place to ensure the health and wellbeing of students and staff. In order to run a safe and efficient camp for your daughter, Southbound Adventures requires the collection of certain information, as detailed on their website.

Please complete the following by Wednesday 16 March:

- 1. Return the attached College Acceptance and Acknowledgment Permission Form.**
- 2. Please complete the Southbound online [Medical and Consent Form - CLICK HERE](#) ASAP (instructions attached). Program name is: St Vincent's 10 - 2022 and Student ID can be found on your daughter's College Student ID Card or is the prefix to her College email address.** For any issues or questions please call the Southbound Help Desk on 02 4257 4888 between 8:00am and 4:30pm Monday to Friday. You may also email for support at: staff@southbound.com.au
- 3. Update your daughter's Emergency Contact details and complete all Medical details via your Edumate Parent Portal. [CLICK HERE FOR INSTRUCTIONS.](#)**

It is essential that you do this to ensure your daughter's safety and our ability to contact you in the event of an emergency.

We are confident that your daughter will have a wonderful experience on this Camp, and we thank you, as always, for your support of us in the holistic Education of your daughter. If you have any concerns about the camp, or the arrangements described herein, please don't hesitate to contact the College and speak to Mr Woolbank.

Yours sincerely

Ms Elizabeth Brooks
Deputy Principal

Mr David Woolbank
Year 10 Camp Coordinator / Head of Aikenhead House
woolbankd@stvincents.nsw.edu.au

Agreement (Participant) - This section is for the student to complete and sign.

I agree to the following expectations as a participant of this activity:

- *I understand* that at all times I must ensure the safety and comfort of myself, peers and staff.
- *I will* engage positively in all activities, in a spirit of collaboration and learning.
- My personal interactions with others will be respectful and appropriate.
- *I will* accept and follow the directions and advice of the staff/ supervisors at all times. This includes direction given regarding use of and/ or placement of electronic devices and communication.
- *I will not leave* this College activity at any time without direct permission of the staff.
- *I will not be involved* in consuming or providing alcohol, cigarettes, e-cigarettes or any illegal substances. I understand that if I breach this expectation, that my parents will be contacted and that I will be immediately sent home and that further disciplinary action will occur in accordance with College policy.
- *I accept* that my school reserves the right to search bags to ensure no banned substances are brought to this activity.
- *I understand* that, if necessary, a full report of my behaviour will be given to the College Principal.

Student Name: _____

Student Signature: _____

Date: _____

Acceptance/Acknowledgement of Risk - This section is for the parent/carer to complete and sign.

I give permission for my daughter _____ (first and last name) to attend the Year 10 Camp at 'Southbound Adventures', Berowra Valley National Park from Wednesday 30 March to Friday 1 April 2022. I understand my daughter will travel by bus to and from the venue and will need to be at St Vincent's College by 8:30am on Wednesday 1 April 2022.

Please ensure you have completed the Southbound online: [Medical and Consent Form - CLICK HERE](#)

In the event of a medical emergency, I give consent for the College staff or staff at the sites we visit to administer first aid and seek medical attention as necessary. In such a scenario I authorise the staff to convey my child to the hospital by appropriate transport, which may be an ambulance. *The participant acknowledges that there is a risk of injury to the participant and/or a risk of an adverse effect to any current or past medical condition of the participant. **The participant acknowledges and agrees that the participant accepts that the participant engages in activities on the site at the risk of the participant.** The participant gives the College authority, where circumstances deem it necessary, to obtain medical and ambulance assistance for the participant in the case of the participant suffering injury or ill health while on the site.*

Parents/Carers contact information and Student Medical details are held by the College as received from parents/carers. I have responsibility for updating my contact information and my daughter's dietary requirements and medical details, (providing current medications) if applicable by updating student details via the Edumate Parent Portal – [CLICK HERE](#).

I give permission for staff to administer Panadol, Nurofen, Antihistamine

Parent/Carer Name: _____

Parent /Carer Signature: _____

Date: _____

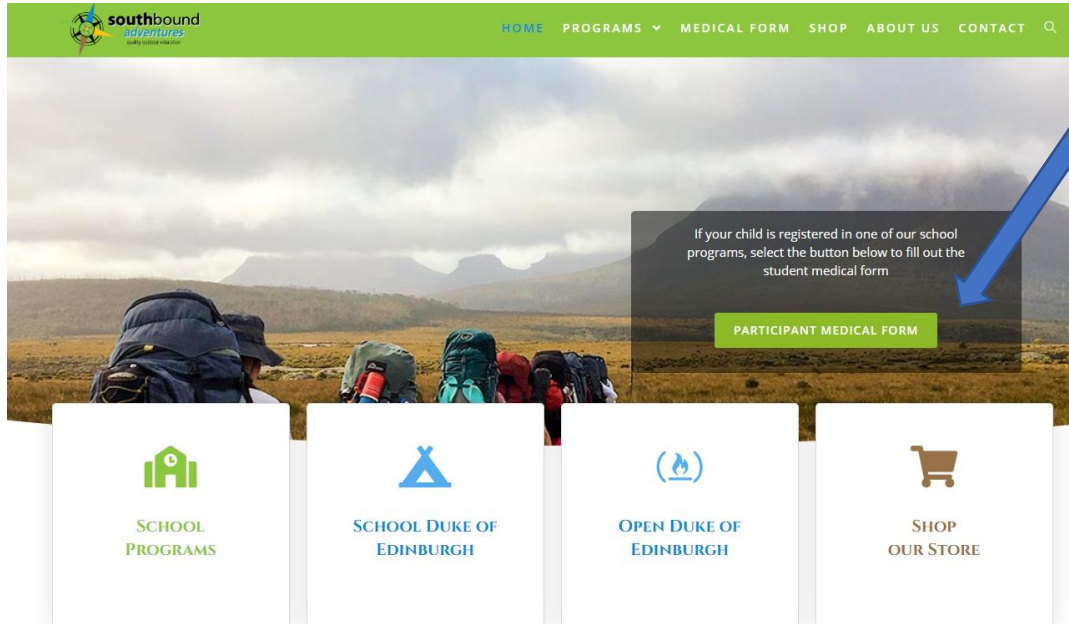


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How to complete the online Medical Form

Due Date – 16th March 2022

1. Visit www.southbound.com.au and click the link to the Participant Medical Form



2. Validate your details: Select your Program from the dropdown list, enter the student Surname & Student ID (often on your student ID card or student email).

3. In order to complete the form, you will require the participants:

- 1) Medicare number
- 2) Private Health Care member number
- 3) Doctor name and phone number
- 4) Immunisation information and past medical history
- 5) Any Health Management Plans (e.g. asthma, anaphylaxis, etc) these can be uploaded on this form as an attached file.

Student Gear List - School Programs

Please use this list as a guide when packing for your Outdoor Education program with Southbound Adventures

Where do I start?	<ul style="list-style-type: none"> This list caters for all possible eventualities in respect to weather and the type of activities you will be partaking in This does not need to be an expensive exercise - equipment can often be borrowed from friends and family Residential programs are centered around a venue with access to basic amenities and accommodation Wilderness programs are entirely outdoors, camping each night We recommend all valuable items be labelled prior to attending a Southbound Adventures Program
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Southbound Adventures will provide the following equipment and gear complimentary		
Trangia Stoves + Fuel	4	Cooking groups of 3 or 4 students
Navigation and Communications	All	Maps, compass and all emergency communication devices
Hygiene supplies	All	Including soaps, toilet paper, hand sanitiser and scourers
Group Tarp	1	Group shelter particularly for wet weather programs
Ipad	1	For capturing the funny moments and as an educational resource
Activity specific equipment	All	As required Southbound Adventures will provide all Activity Specific equipment including but not limited to: Canoe: PFD's, canoes & paddles Roping: Helmet, harness and hardware (headtorch when caving) Mountain Biking: Helmet, gloves, pads and bicycle (lights for night riding as applicable)

What do I pack my gear in?			
Bags	Soft sports bag	1	Appropriate all programs unless otherwise stated by your school coordinator. Soft sports bag, please leave any hard plastic suitcases at home
	Day Bag	1	Handy for most Residential programs is a small backpack to carry a water bottle, raincoat and other incidentals for the day
	Hiking Pack	1	Wilderness programs only - generally these are provided by Southbound Adventures as required. Please check with your school coordinator. If you wish to bring your own, we recommend a 65-70 litre pack with a sturdy waist belt.

What are the essential items I will need for any outdoors program?			
Clothing	Rain Jacket	1	Constructed from a breathable, waterproof material i.e. GoreTex, E-Vent
	Walking shoes	1 pair	1 pair comfortable, worn in lace up walking shoes with a sturdy rubber sole (hiking boots are recommended if you have weak ankles or knees)
	Flat sole shoes	1 pair	1 pair enclosed, sturdy rubber soled lace up shoes (e.g. volleys or old runners) to be used as wet shoes for canoeing, mountain biking or caving
	Jumpers	2	Polar fleece or Wool
	Sun Hat	1	Broad brim - UPF 50+ is strongly advised, or cap as an absolute minimum
	Socks (pair)	1 per day	Comfortable walking socks
	Underwear	1 per day	
	T-shirts	3	Collared shirts are recommended - no singlets
	Shorts	2	Knee length i.e. board shorts
	Long Pants	1	Tracksuit or light cotton
	Thermal underwear	1 set	Wool or Polypropylene, recommended from April - October
	Caving Clothing	As required	Either an extra set of long pants + long sleeve shirt or a pair of overalls are essential for caving
Essential Winter Items	Beanie	1	Polar fleece or wool
	Gloves	1 pair	Light inner gloves recommended (wool or polypropylene)
Recommended Summer Items	Long sleeve shirt	1	Light cotton shirt for sun protection - UPF 50+
	Swimmers + Towel	1	Girls: One-piece swimmers Boys: Board shorts
Sleeping items	Sleeping Bag	1	Down or Synthetic with a -5 degree rating. We recommend the use of an inner sheet or thermal liner
	Inner sheet	1	We recommend either cotton or silk as a minimum for summer, or a thermal liner during the winter months
	Sleeping Mat	1	Compact self-inflating "thermarest" or compressed foam mat. Essential to keep you warm at night!
	Ground sheet	1	2 x 2m square to place under your tent for added waterproofing
	Pillow	1	Small compact pillow for Residential programs only A lightweight inflatable pillow or thick fleece jumper works well for Wilderness programs
Other Essential Items	Hand sanitiser	1	Hygiene is always important
	Towel	1	Light and compact microfibre or chamois style recommended
	Sunscreen	1	Small tube approximately 200ml - SPF 30+
	Sunglasses	1	Optional but highly recommended
	Insect repellent	1	Especially necessary during the warmer months
	Watch	1	Optional but helpful
	Head torch	1	Essential for individual safety at night. Remember to check your batteries and include some spares!
	Toiletries	Basics	Toothbrush, Toothpaste, small travel soap, sanitary items as required
	First aid	As required	Personal supplies only e.g. preventative brace, strapping tape, personal medications
	Water bottle	2	2 x 1 litre water bottles. We recommend nalgene bottles - they make fantastic hot water bottles!
	Waterproofing bags	See →	A variety of reusable Dry Bags is highly recommended, alternatively, 4 Heavy duty garbage bags + 10 Snap lock bags
	Utensils	1 of each	Cup, plate, bowl, fork and spoon
	Tea Towels	2	For drying your personal items after each meal

Do you require additional equipment at discounted prices?

Please visit the Southbound Adventures website and follow links to our online Gear Store