

10 March 2022



Dear Year 11 Parents and Carers

Under the Stewardship of Mary Aikenhead Ministries

Year 11 Retreat, Cockatoo Island

St Vincent's College places great importance on the Senior Retreats, as they are a most significant and valuable aspect of our Education in Faith program. The purpose of the Retreat is to remove the students from their regular routines and pressures and allow them the space and time to reflect more deeply on what it means to be a young woman of faith and spirituality in the 21st century. It is our aim to provide students with the skills and encouragement to see prayer, reflection, and quiet time as integral to a balanced life. The retreat is designed to complement the education program and provide students with further opportunities to develop their learning and social skills.

Year 11 will be experiencing their first Senior Retreat from **Wednesday 30 - Friday 1 April 2022**. The program for the Year 11 Retreat encourages students to explore and reflect on their understanding of self, and their place in the world. The retreat promises to be a positive experience of exploration and renewal. **All students are expected to attend the Retreat. The Retreat fee is integral to the Learning Resource Fee and we are unable to make refunds for non-attendance.** 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.

The Retreat will be facilitated by Ms Tina De Souza, Head of Religious Studies, in collaboration with members of the College staff who teach, lead, and accompany our Year 11 students.

- **Wednesday 30 March: Students are to meet at 8.15am at Customs House Forecourt, Circular Quay** (next door to McDonald's) where the roll will be taken. Students will then travel by ferry to Cockatoo Island with their teachers. If your daughter is sick on the day, please email collegesecretary@stvincents.nsw.edu.au and tardoj@stvincents.nsw.edu.au by 7:30am.
- **Friday 1 April:** From 2pm, students will travel by ferry from Cockatoo Island back to Circular Quay. **Students will be dismissed from Circular Quay at approximately 2.40pm. Boarders will be accompanied back to the College.**

What to Bring:

Please note the packing list below. Students are encouraged to keep luggage to a minimum. There will be activities during the day and at night, so a **warm jacket, hat and sunscreen are essential.**

- **Opal card with at least \$15 credit**
- **Face Mask for Ferry**
- 2 Pens (at least)
- Comfortable clothes
- Old shirt (for art activities)
- Wet Weather gear (umbrella/poncho/rain jacket - waterproof, not just 'shower proof')
- Closed in shoes - Joggers / Trainers
- Thongs - for shower only
- Head torch or similar
- Sleeping Bag & Pillow slip (pillows are provided)
- Towel
- Toiletries
- Pyjamas (modest and practical for accessing shared facilities at night)
- Insect repellent
- Plastic garbage bags for wet clothes
- Pack of cards
- **VIA Character Strengths Results print out**



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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. We encourage students to take advantage of the opportunity to really *retreat* - from social media, communication, and expectation. This will allow them to enter more fully into the Retreat experience. **Under no circumstances is a student to have her phone with her during the Retreat. If you feel she must bring her phone to access upon dismissal for travelling home on Friday afternoon, she must hand her phone to Ms Jo Tardo 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.** We will return phones upon our return to Circular Quay. Staff have access to mobile phones to contact parents/carers in the event of an emergency; and in the event of an emergency at home you may contact Garden Island or Mr Hekeik - see details below.

Please complete the following by Wednesday 16 March:

- 1. The attached College Acceptance and Acknowledgment Permission Form**
- 2. 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 an enriching experience on this Retreat, and we thank you for your support of our efforts to develop in your daughter a faith that seeks understanding. If you have any concerns about the Retreat, or the arrangements described herein, please contact Mrs Jo Kenderes (structure and content of the Retreat) or Ms Jo Tardo (logistics).

Yours sincerely

Mrs Jo Kenderes
Director of Faith and Mission
kenderesj@stvincents.nsw.edu.au

Ms Jo Tardo
Year 11 Retreat Coordinator / Head of Williams House
tardoj@stvincents.nsw.edu.au

FOR EMERGENCY CONTACT ONLY:

Cockatoo Island
Sydney Harbour Federation Trust
Tel: 8969 2100

Joseph Hekeik, Head of Operations
0411 744 749

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 11 Retreat at Cockatoo Island from Wednesday 30 March to Friday 1 April 2022. I understand my daughter will be dismissed from Circular Quay at approximately 2:40pm on Friday 1 April. Boarding students will be accompanied back to the College.

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: _____