

9 March 2022



Under the Stewardship of Mary Aikenhead Ministries

Dear Year 9 Parents and Carers

Year 9 Camp

Arrival at school: Wednesday 30 March - 7:30am
Return to school: Friday 1 April - 3:15pm

Year 9 will be participating in their annual College Camp from Wednesday 30 March to Friday 1 April 2022. The Camp will be held at [Somerset Outdoor Learning Centre](#), 411 Upper Colo Road, Colo. Students will be travelling to and from the venue by bus.

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.**

The program for the Year 9 Camp focuses on the great potential within your daughters. Students will be engaging in a variety of activities including: canoeing, raft building, abseiling, rock climbing and camping out for the 2 nights on the grounds of the Outdoor Learning Centre. These activities will be facilitated by members of staff at Outdoor Learning Centre who are trained and accredited in outdoor education, accompanied by a member of the St Vincent's College staff. These activities involve some element of risk and are assessed by the outdoor education professionals each time students engage in the activities. If an activity is deemed unsafe due to weather or other circumstances, students will participate in an alternate activity. 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.

Ms Lock (Head of De Lacy House) and Ms Anderson (Head of Cahill House) will be the staff members responsible for the coordination of this Year 9 Camp as well as the Site Coordinators during the camp, well supported by a team of Year 9 teachers from each of the six Houses. Students will be allocated into activity groups in consultation with the Pastoral Team. These groups will participate together in the activities throughout the three days on Camp. Students will engage in a variety of camping and cooking activities throughout the program.

Students will need to pack carefully for the camp, as there will be activities both during the day and at night. An equipment list is attached.



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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. **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 travelling home Friday afternoon, she must hand her phone into Ms Lock 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.** If we need to notify parents of any late arrival Friday we shall do so via parent SMS and email. Students would be given the opportunity to ring home from Student Services upon return, Friday afternoon if it were necessary. Staff and students have access to campus phones in an emergency; and **in the event of an emergency at home you may contact the Somerset Outdoor Learning Centre on (02) 9489 1487 or Mrs Elizabeth Brooks, Deputy Principal who is accompanying us on camp (0432 079 177).**

Students will need to be at the College by **7:30am on Wednesday 30 March for roll call on the Paved Area**. If your daughter is sick on the day, please call College Reception (9368 1611) by 7:00am. Students will return to the College by 3:15 pm on Friday 1 April; drop off location will be at the bottom of McElhone Stairs on Cowper Wharf Road where students can either walk up the steps to Victoria Street or be collected at the foot of the stairs in Woolloomooloo. After arrival, any uncollected students will return with staff to the College and will be supervised at the Victoria Street entrance.

Please complete and return the following by Wednesday 16 March:

- 1. The attached College Acceptance and Acknowledgment Permission Form**
- 2. Print and return the completed Somerset Online Consent & Medical Forms (instructions attached – [LINK HERE](#). Please ensure that you complete all parts of the form carefully and sign each part where requested.**
- 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 at 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 Ms Lock or Ms Anderson.

Yours sincerely

Mrs Elizabeth Brooks
Deputy Principal

Ms Simone Lock
Year 9 Camp Coordinator/
Head of De Lacy House
locks@stvincents.nsw.edu.au

Ms Joanne Anderson
Year 9 Camp Coordinator/
Head of Cahill House
andersonj@stvincents.nsw.edu.au

Permission Note – **Year 9 Camp** – Somerset – Wednesday 30 March – Friday 1 April 2022

Please return to Student Services by Wednesday 16 March 2022

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/carers to complete and sign.

I give permission for my daughter _____ (first and last name) to attend the Year 9 Camp at Somerset Outdoor Learning Centre, Colo from Wednesday 30 March - 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 at 7:30am on Wednesday 30 March 2021.

Please ensure you have completed the Somerset Online Consent & Medical Forms (see instructions attached – [LINK 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: _____



02 March 2022

Dear St Vincent's Year 9 Parents and Carers,

Overview of Somerset

Somerset Outdoor Learning Centre has been offering outdoor programs to school students since the early 1980's. As an industry leader with over 35 years of expertise, Somerset offers a unique blend of learning experiences, outdoor facilities and activities delivered in a professionally managed outdoor education program. Somerset offers the unique experience of tent camping which presents the opportunity for students to engage with their natural surroundings and spirit of adventure. We provide a fun and supportive framework for students to develop leadership skills and work as a team and to appreciate the value of friendship. Our professional, tertiary qualified Group Leaders facilitate engaging fun activities, extending students physical and emotional capabilities, while enhancing self-confidence and self-reliance.

Somerset programs aim to develop student relationships with the outdoors, and with each other, in an environment that requires initiative, perseverance, adaptability and a sense of responsibility. Our programs provide students with the opportunity to reach out of their comfort zones and to embark on positive risk-taking initiatives both of which are crucial to their development as they emerge from adolescence to adulthood.

Camp Dates

Wednesday 30 March – Friday 1 April 2022

The St Vincent's Year 9 program has been planned considering the Schools desired outcomes and aims to positively engage students in the outdoors.

How to Access the Online Camp Information and Medical Form

1. Please go to www.campsomerset.com.au
2. Select *School Camps* in the Menu > Click the box *Online Medical Forms and Camp Information*
3. Enter **Login details**:
 - Username – [vinniesyr9](#)
 - Password – [vinnies2022](#)

Completing the Online Camp Medical Form and Consent Form

1. [Please complete the necessary personal and medical fields.](#)
2. You will also have options to hire or purchase any equipment you may need
3. There are links to the Equipment List, Useful Packing Tips and FAQs.
4. Once the Online Camp Form has been completed you will receive a summary of these details onscreen – *Please*: click 'Next Step' at the bottom of this pending screen to complete the submission.
5. A Confirmation will be emailed to you.
6. A Somerset Consent must be signed. Please [print and sign](#) the Consent Form (found in your Confirmation email) [and return](#) to the School Camp Coordinator.

Equipment

- A link to the Equipment List, relevant to your school's program, will be found in the Confirmation email.
- Please also refer to our website for useful equipment selection and packing tips
- If you wish to purchase any equipment from us at a later date, this can be done up until the midnight prior to camp. Please visit the Store on our website: www.campsomerset.com.au

Further Information

Please navigate our website for information about Somerset and our programs or contact the Schools Administration Team via the contact details noted above.

We look forward to seeing the students at camp.

Regards the Somerset Team!



School Camp Equipment List

Somerset will provide all students with a suitable Rucksack at camp.

The following items are for the participant's well-being and MUST be brought to camp.

* Marked items can be purchased and/or hired via our online store. Items will be labelled with the student's name and issued upon arrival.

TICK

Sleeping Bag * (& Liner) *	Lightweight and compact. For programs in May-September ensure bag is warm enough for overnight temps. (Temperature/comfort rating -5° to -10° is recommended, check your bag's tag).
Sleeping Mat *	A hiking-style foam mat or self-inflating mat. Lightweight, compact, approx. 1cm thick. No pillows required.
Rain Jacket *	Must be waterproof, durable and long enough to cover to approx. mid-thigh, with a hood. Spray jackets, parkas, plastic raincoats and ponchos are not suitable.
Closed-Toe Footwear (2 pairs)	One pair must be sturdy, comfortable and have lots of grip. Cross-training sneakers and hiking shoes are both suitable. (Volleys, Rabens, skate shoes and other flat-soled shoes are not suitable) Second pair must be able to get wet and dirty. Old runners, cheap canvas or 'aqua shoes' are ideal.
Sun Hat	A compulsory item. We recommend a soft hat with a full brim. Sunglasses are optional. Caps are unsuitable as they do not provide adequate protection for the face, neck and ears.
Water Bottles * (or bladder)	Must be durable and leak-proof . You will need to bring bottles that have a combined capacity to carry: 3 Litres for programs in October to April. 2 Litres for programs in May to September. <i>No need to bring full – can be filled at camp.</i>
Clothing	Please select items with respect to season, length of program and the outdoor activities (older clothing is ideal): <ul style="list-style-type: none"> • Long Pants and Long-sleeved Tops: leggings and track/outdoor pants are ideal (no jeans). • Shorts & T-Shirts: collars are recommended (no singlet, crop or 'muscle' tops), shorts must be at least to mid-thigh and not too tight (denim is unsuitable). • Jumper/Jacket (1 minimum): Polar-fleece (or down) material is best. Not too bulky or heavy. • Socks & Underwear: Thick socks are more comfortable. Ankle socks are unsuitable. • For programs in May to September: Thermals (top and bottom), beanie and gloves. • Swimwear: Rash vest/T-shirt and swim-shorts must be worn over swimmers. Bring a small travel towel.
Personal First Aid & Medication	<ul style="list-style-type: none"> • Somerset Group Leaders carry a comprehensive First Aid Kit. • Please bring any medications (prescription and non-prescription) that are routinely used. Details of these medications must be listed on the medical form. Medications brought to camp must have name and instructions attached. Please bring your own strapping tape, if routinely used. • Notify the Group Teacher of any medications brought on arrival to camp, and also advise them when and if any are taken whilst on program <i>The accompanying school staff member will be responsible for the supervision and reminding for / assistance with administration of medications.</i>
Torch *	A small compact torch with spare batteries (head torches are most convenient).
Toiletries	Think small. Include toothbrush & paste, comb/brush, deodorant (roll-on) and personal sanitary items. Toilet Paper is provided (If bringing wipes ensure these are disposed of in the rubbish/sanitary bin – do not flush into septic). <i>There may be a chance for showers for some groups as they traverse basecamp – please bring a small towel and small soap/shampoo in case.</i>
Sunscreen & Insect Repellent *	Small tubes. No aerosols.
Garbage Bags	For waterproofing and/or storing wet gear. Large, heavy duty and any colour except black (we use black for rubbish).

Please refer to the [School Camp Fact Sheet 'Equipment Selection & Packing Tips'](#) for more information.

Key Points to Note

Somerset will provide all students with a suitable Rucksack on arrival

Please bring all clothing & equipment in a soft sports/duffle bag or similar.

Gear will be repacked at camp into a rucksack. This rucksack will move with the student whilst at camp.

Personal bags and any extra gear will be stored at Base Camp until the end of the program.



Pack Light – be mindful of space

Students will complete bushwalking and/or canoeing journeys to overnight campsites, and will be required to carry the rucksack on their back and / or in the canoe on these expeditions.

Weight limits are approx 12-16kg. (incl. full water bottles), dependent on the length of the journey

(At other times the rucksacks will be transported by Somerset in trailers / vehicles)



Choose clothing & equipment with respect to season, length and type of program

Please be mindful that what is packed needs to be appropriate to the weather and the nature of outdoor activities

Otherwise students may be wet/cold/sunburnt, or uncomfortable, etc



Refer to our website and 'BLOG' page for School Camp Information, Facts, Tips and Tricks

Containing a wealth of valuable information and will answer many of your questions.

Equipment reviews, packing tips etc. [Blog Page](#).



Visit our On-line Store

Through our online system you may hire and purchase gear that you don't have.

This gear will be labelled and ready the student upon arrival at camp. [Online Store](#).



Please **DO NOT** bring the following items to camp

Singlets & short shorts

Inadequate sun protection and not "outdoor activity" friendly.



Thongs & flat-soled shoes

Inappropriate and unsafe for activities and campsites.



Mobile phones, PDA's iPods/MP3 players, Apple watches, Cameras etc.

Risk of loss or damage. There is no reception or wi-fi and group cameras are provided.



Junk food OR energy drinks

Heavy to carry & lack nutrition. Plenty of food is provided. Attract insects. Allergy risk.



Money OR valuables

Nowhere to spend and easily lost or damaged during activities.



Products containing nuts/peanuts or nut/peanut ingredients

We are a nut-aware camp to reduce exposing anaphylactic students.



Stoves, aerosols, matches/lighters & pocket knives

Knives and other cooking utensils etc are provided. Aerosols are a fire hazard, can also cause asthma attacks and are not environmentally friendly.

