YEAR 4 CAMP 2011

Teachers attending:  Mrs Donna Beacham
                     Mrs Mary Youngman

Dates:             Wednesday 2 March to Friday 4 March

Location:          QCCC Mapleton
                   Mapleton, 110 km north of Brisbane

Emergency numbers:
During school hours:  3906 9444    MBBC Administration
After school hours:   0419 793 628  Assistant Principal

Transport
Travelling by Sunstate Bus
Departing MBBC at:  8.10 am Wednesday 2 March (*please be at school by 7.50am*)
Departing Camp at:  1pm Friday 4 March
Arrive back at MBBC at:  2.45pm Friday 4 March

Timeline
Permission form and medical form to be returned to teacher
Ensures forms have been received by class teacher (*diary signed*)
Ensure items are purchased for camp - sleeping bag, suitable footwear
Pack for camp (*don’t forget sleeping items and warm clothing*)
Departure for Camp (*don’t be late*)
Return from Camp

date due
Monday 21 February
Tuesday 22 February
Friday 25 February
Monday 28 February
8.10 am on Wed 2 March
2.45 pm on Fri 4 March
CONTENTS

Summary information
  - Hyperlink to the Medical and dietary information forms
  - Timeline for documents
Overview
Year 4 camp Aims
Expectations
  - Student
  - Parent helpers
Activities to the undertaken on Camp
Accommodation
Catering
Risk Assessment
Equipment checklist and Packing List
Table manners and etiquette
At the end of camp.

OVERVIEW

Moreton Bay Boys’ College strives to be a leading school that offers its boys an innovative, broadly based educational experience. Our philosophy is built on the foundation of Christian values and aims to develop each boy’s individual abilities, equipping them with the skills necessary to be successful, productive and responsible members of society. (MBBC Strategic Plan: 2007—2011).

The developmental program of outdoor education opportunities available to students at Moreton Bay Boys’ College supports the vision and aims of the College. Camp is a wonderful experience for all students and provides opportunities for personal growth and challenges as well as forging new friendships and creating great memories.
YEAR 4 CAMP AIMS

Mapleton Centre offers a team of highly qualified and careful outdoor education instructors that deliver programmed activities to school groups whose goals are to have fun while challenging themselves by stepping out of their everyday environment.

Built within a spectacular rainforest setting, high on the Blackall Range, students will enjoy adventurous ropes course activities that promote teamwork, communication and build self confidence.

The aim for our Year 4 boys is to learn first hand the value of teamwork, cooperation, collaboration, support, and motivation.

EXPECTATIONS

Students

At all times, students are expected to adhere to the College Code of Conduct. The College has high expectations of the conduct and behaviour of boys whilst on camp and representing the College. Students are expected to:

- Follow all directions and respect the position of teachers and supervisors in charge of the group.
- Act responsibly at all times whether with the entire group or separated from supervision.
- Follow all regulations and codes specified by the camp facilitators.
- Be respectful, courteous and just to others and to respect property.
- Communicate openly and seek to build and maintain positive relationships with peers, parents and staff.
- Make the most of the educational opportunities offered by the camp experience.

Parent Helpers

No Parent helpers are required on the Year 4 camp.

ACTIVITIES TO BE UNDERTAKEN ON CAMP

Below is a list of some of the possible activities that may be undertaken during the course of the camp.

- extensive indoor climbing wall
- abseiling tower
- two flying foxes (up to 17 metres from ground)
- giant swing
- glider possum
- leap of faith
- archery
- canoe elements
- orienteering
- low ropes course

The selection of activities varies depending on the size and goals of the group, the weather, availability of resources and duration of the program.

The facilitators may adjust the activity or level of difficulty of a certain activity in order to more effectively meet the needs of the group.

**ACCOMMODATION**

Accommodation for the boys whilst they are at Mapleton will be in dormitories which sleep students to a room and have beds with mattresses. However all students are required to bring their own bedding with them which should be a sleeping bag and pillow with pillowcase.

**CATERING**

An extensive and comprehensive menu that is nourishing, satisfying and using mainly fresh produce is offered by the camp facilitators. The menu offers three meals a day with morning and afternoon tea and supper also included. Each group is responsible for providing a duty group to assist at meal times and snack times. Adult supervision is given at meal times to school aged children and boys will be expected to assist with the preparation of meals/snacks during their stay.

Whilst students help with the preparation and serving of food, they are not required to wash up, this duty is carried out by the centre staff.

All students will dietary requirements; lactose, seafood and gluten intolerance, vegetarians and diabetics must ensure they fully complete the attached dietary requirements forms.

**RISK ASSESSMENT**

Operating procedures and Risk Management assessments for activities to be undertaken while on camp can be found at [http://www.qccc.com.au/](http://www.qccc.com.au/)

The teachers will brief the students on any other risks involved (e.g. sun safety, safe bus travel) in preparation for the camp.
EQUIPMENT CHECKLIST AND PACKING LIST

Please note items such as money, radios, mobile phones, aerosols, chewing gum, lollies and electronic games, iPods and MP3 players are NOT to be taken on camp. If you are unsure if a particular item can be taken, please check with your class teacher.

Items to be packed (it helps to tick as you pack)

1 sleeping bag
1 pillow with pillowcase and pyjamas
Cutlery and crockery: dinner plate, bowl, mug, cup, knife, fork, spoon x2 (clearly marked)
3 sets of clothes for outdoor activities (board shorts/shorts/ T shirts)
2 sets of very old clothes (will get wet and muddy)
1 pair of old closed in shoes (will get wet and muddy)
1 pair of sandshoes for outdoor activities
3 strong plastic bags (for storing wet or dirty clothes)
2 sets of warm clothing for evenings (jumper and tracksuit pants)
Underwear and socks for 3 days
Swimming togs and sunshirt
2 towels for shower and swimming and a tea towel for washing up
Thongs for showers
1 soap & container and washer
1 comb/ brush
1 toothpaste/ toothbrush
Shampoo
Sunscreen
1 hat with wide brim
Drink bottle for water
Tissues or handkerchief
Insect repellent
MBBC Raincoat
4 pegs (to hang up wet clothes)
Book to read and notebook and pencil

Please ensure all items are clearly marked with your son’s name.
TABLE MANNERS AND ETIQUETTE

- If you are part of the group preparing the meal or snack, listen to instructions given and be aware of your surrounding and be careful around the preparation area/kitchen.
- Wait until everyone is seated before you begin to eat.
- Place your napkin on your lap.
- Learn to use a knife and fork correctly.
- Chew with your mouth closed and keep your elbows off the table.
- Don’t reach across other people or things. Ask someone to ‘please pass’ it to you.
- If you don’t like what is being served, simply say ‘No thank you’, but remember that Camp is an opportunity to try new things, and a small serving of new foods is encouraged.
- When you have finished eating, place your utensils on your plate and napkin beside your plate.
- Ask to be excused before you leave the table.
- ‘Seconds’ may be offered, but you will need to be patient and ensure that everyone has enjoyed their meal, then wait to be invited for a second serving.
- Help in clearing the table.
- Learn to make pleasant table conversation.
- Take the time to show your appreciation to those people that prepared the meal.

AT THE END OF CAMP

At Camp

- Be responsible for your belongings.
- Any wet clothing should be packed into plastic bags.
- Help in cleaning the accommodation and account for any lost property.
- Assist other where you can to ensure the accommodation is clean and the group departs promptly
- Thank the camp facilitators with a personal comment as to your positive experiences while on camp.

Upon returning to MBBC

- Take the time to personally thank the accompanying staff.
- Ensure you (your parents) collect any medication from staff prior to leaving the College at the end of Camp.
- Parents should encourage their son to reflect on his camp experience and share the positive experiences he had.
### Year 4 Camp Medical and Permission Forms 2011

#### Student Details

<table>
<thead>
<tr>
<th>Surname</th>
<th>Given Name</th>
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<table>
<thead>
<tr>
<th>Date of Birth</th>
<th>Year Level/Class</th>
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#### Medicare/Health Insurance

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<th>Medicare Number</th>
<th>Position on Card</th>
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#### Doctor Details

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<th>Doctor’s Name</th>
<th>Phone number</th>
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<tr>
<th>Medical Centre</th>
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#### Emergency Contacts whilst on Camp

(These can include parents)

1. **Name**

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<tr>
<th>Relationship to student</th>
<th>Home number</th>
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<table>
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<tr>
<th>Work number</th>
<th>Mobile number</th>
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2. **Name**

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<th>Relationship to student</th>
<th>Home number</th>
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Please complete this medical form and ensure you sign the permission slip on the back page tear-off section.

An Action Plan must be attached to this form if your son requires any medication during Camp. Two sets of medication should be taken to Camp - one for teaching staff and one for the student. Ailment, medicine and dosage should be clearly stated on the tear-off section end of this form which is to accompany all medication taken to Camp.
Medical Information

Does your son have any of the following?:

1. Asthma
   Yes ☐  No ☐

   If yes, please complete the following:

   Medication/preventer/reliever taken for asthma

   How often is medication required?

   Please list known triggers:

2. Has your son at any time in the past suffered from the following:

   An anaphylactic reaction
   (Emergency situation - severe breathing difficulties, localised swelling of body)

   Yes ☐  No ☐

   A systemic reaction

   Yes ☐  No ☐

   A localised reaction (rash/itching/swelling)

   Yes ☐  No ☐

   Does your son require adrenalin (EpiPen) for his allergy?

   Yes ☐  No ☐

   What other medication, if any, does your son take for the prevention or management of his allergic reaction?

3. Does your son have diabetes?
   Yes ☐  No ☐

   If yes, please provide details and attach a management plan

4. Does your son have epilepsy?
   Yes ☐  No ☐

   If yes, please provide details and attach a management plan

5. Has your son had any recent illnesses, operations or serious accidents?
   Yes ☐  No ☐

   If yes, please provide details:

6. Does your son have any other medical condition?
   Yes ☐  No ☐

   If yes, please provide details:

7. Please list any prescriptive or non-prescriptive medication your son requires and the dosage:

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<thead>
<tr>
<th>medication</th>
<th>dosage</th>
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<td>dosage</td>
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<tr>
<td>medication</td>
<td>dosage</td>
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</tbody>
</table>
8. Does your son suffer from travel sickness?
   If yes, please provide details: ________________________________

9. Allergies
   If yes, please complete the following:
   - Medications
   - Insects
   - Nuts
   - Dairy
   - Seafood
   - Other
   If you answered yes to any of the above, please complete the following:
   Has your son been hospitalised due to allergies?
   __________
   __________

   Details:
   ________________________________

   Signs and symptoms of reactions:
   ________________________________

**Dietary Information**

1. Does your son have any special dietary requirements?
   If yes, please provide details:
   - Vegetarian
   - Coeliac
   - Lactose Intolerant
   - Diabetic
   - Gluten Free
   - No Pork
   - Other
   If yes, please provide full details: ________________________________

   ________________________________
Other Information

Is there any other information the Camp Organisers should be aware of that could affect their Duty of Care for your son, or restrict his participation in certain Camp activities? 

☐ Yes  ☐ No

If yes, please provide full details: ____________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Signature of Parent / Legal Guardian: __________________________ Date: ____________

CAMP PERMISSION FORM - Year 4 Camp

I give permission for my son to attend the Year 4 Mapleton Camp from Wednesday 2 March to Friday 4 March 2011.

Signature of Parent / Legal Guardian: __________________________ Date: ____________

MEDICATION REQUIREMENTS - Year 4 Camp

- Two sets of asthma medication are be taken to Camp - one for teaching staff and one for the student.
- One set of all other medication is to be taken - one for the teaching staff only.
- Ailment, medicine and dosage should be clearly stated on this tear-off section which is to accompany all medication taken to Camp.
- Medication is to be given to the MBBC staff in charge prior to departure.

Surname: __________________________ Given Name: __________________________

Date of Birth: ____________ Year Level/Class: __________________________

Ailment: ____________________________________________________________
________________________________________________________________________
________________________________________________________________________

Medicine: __________________________________________________________
________________________________________________________________________

Dosage: ____________________________________________________________
________________________________________________________________________