



# MENAI HIGH SCHOOL

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**Principal  
B Ellevsen**

**Deputy Principal  
R Allen**

**Deputy Principal  
E Sayed-Rich**

**Deputy Principal  
L Meagher**

Dear Parent or Guardian,

Please find enclosed the camp pack for 2019 Year 7 camp to be held at Morisset Outdoor Education Experience **Monday 11<sup>th</sup> March to Wednesday 13<sup>th</sup> March 2019**. It is essential that you read all the information thoroughly.

All of the staff at Outdoor Education Experience are young, energetic and ready to give your child a positive and memorable experience. Outdoor Education Experience staff set high standards of safety and moral conduct and will be accompanied by teachers from Menai High School during all activities. There is a strict policy of 'challenge by choice'; everyone is encouraged to give it their best, but no-one is forced to participate. The program of activities chosen is challenging, educational and lots of fun. (Please note that our students will only be participating in some of the activities listed on the attached sheet. Our activity program is yet to be finalised)

We ask you to make your daughter/son aware of the camp guidelines (refer to the student letter) before they arrive at camp. Your child will be informed of the camp rules on arrival and will be expected to carry out those rules during the program. However, if your daughter/son breaks the safety rules and puts themselves or others at risk of injury (e.g. fighting, excessive bad behaviour and vandalism) we will contact you and ask for you to arrange to take them home as soon as possible (no refund is given). If your child becomes ill during the camp, then the same procedure applies.

We request that you fill out and return the attached form to the year advisers by **Monday 11<sup>th</sup> February 2019**. No child may attend camp unless all necessary forms have been returned and payments made. You will need to fill in:

- Medical, Activity Restriction and Consent Form (Pink sheet)

The total cost of the camp is **\$265.00 per student**. A deposit can be paid on orientation day and the full amount must be paid in full no later than the **Friday 15<sup>th</sup> February 2019**. This must be placed in an envelope and given to the front office or paid by EFTPOS, credit card over the phone, or by POP (Parent Online Payment).

Your child needs to be at school at 7:30 am on the Monday morning. We will be departing the campsite at 1pm and aim to be back at school at around 3:30pm on the Wednesday afternoon.

Should you have any questions please do not hesitate to contact the year advisors on (02)9543 7000 or Outdoor Education Experience on 1800 334 994.

Yours Sincerely,

L Northover

Miss L Northover and Mr A Staines  
Year 7 Advisors, 2019

Mrs E Sayed-Rich  
Deputy Principal

Mr B Ellevsen  
Principal





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## OUTDOOR EDUCATION NSW

Nentoura Road  
Morisset NSW 2264  
**Mailing Address**  
P.O. Box 185  
Morisset N.S.W. 2264  
**Freecall: 1800 334 994**  
**Fax: 02 4973 1500**

Dear Student,

This letter has been designed to inform you of Outdoor Education NSW programs. A gear checklist is on the back of this page, so you can mark off the items as you pack them. You will also find a few hints and safety guidelines to ensure you have a safe and enjoyable time with Outdoor Education NSW.

All the staff at Outdoor Education NSW are young and energetic, eager to give you a positive and memorable camp experience. All the activities are designed so that you can try them at any level of challenge you wish. It is up to you to decide which activities you feel comfortable with and wish to participate in.

Safety is of extreme importance while on camp with Outdoor Education NSW, so the following camp guidelines need to be respected and adhered to. Please remember that if you put yourself or anybody else at risk of injury you will be sent home immediately. If you wilfully damage property, you or your parent/guardian will be expected to pay for its repair or replacement.

Please read the following camp guidelines and handy hints:

1. Please do not leave the campsite or activity areas without permission.
2. Respect male and female areas, enter no room other than your own.
3. All activities must be supervised by a teacher and/or an instructor.
4. Please respect others and stay in your dormitory after lights out.
5. Each group is responsible for the ongoing cleanliness of the camp. Please use the bins provided and keep your rooms tidy.
6. There is sporting equipment supplied for your free time.
7. It is suggested that you put your name on every item that you bring to camp.
8. Please bring your old clothes to camp and remove all jewellery.
9. Please DON'T bring any valuables such as mobile phones, ipods, jewellery etc.
10. The food at Outdoor Education NSW is great and there is plenty of it, please don't bring an excess of junk food.
11. If you are an asthmatic, diabetic or suffer from any other medical conditions then please pack the appropriate medication (ask your parents about this and pass this information onto your teacher)
12. You are coming on camp to have an enjoyable and memorable time. Make sure you try every activity available to you on the program. You may never get the chance to participate in some of these activities again.

If you have any further questions or concerns in relation to these camp guidelines or any other details, please consult the teacher organising your camp.

*Yours Sincerely*

Outdoor Education NSW Management

## STUDENT GEAR CHECKLIST (3-DAY CENTRE PROGRAM)

- |  |  |
|--|--|
| <input type="checkbox"/> 3 T-shirts (no mid-riff or sleeveless shirts allowed) | <input type="checkbox"/> Torch (make sure it is working before you bring it on camp)                                 |
| <input type="checkbox"/> 3 pairs of shorts                                     | <input type="checkbox"/> 1 water bottle (1 litre capacity minimum)   |
| <input type="checkbox"/> 2 long sleeve shirts or jumpers                       | <input type="checkbox"/> Insect repellent and Sunscreen ( <b>Roll on only, NO Aerosol cans</b> )                     |
| <input type="checkbox"/> 2 pair of long pants for cold weather                 | <input type="checkbox"/> 2 pairs of sensible joggers or boots (1 old pair that you can get wet - <b>no thongs!</b> ) |
| <input type="checkbox"/> Spare socks and underwear                             | <input type="checkbox"/> 2 plastic bags to put your dirty or wet clothes in  |
| <input type="checkbox"/> Hat or cap and beanie                                 | <input type="checkbox"/> Toiletries ( <b>NO Aerosol cans</b> )   |
| <input type="checkbox"/> 1 raincoat  | <input type="checkbox"/> 2 towels (1 for outdoors, 1 for showers)  |
| <input type="checkbox"/> Pyjamas   | <input type="checkbox"/> Swimmers  |
| <input type="checkbox"/> 1 pillow and pillow case                              | <input type="checkbox"/> Hair tie for abseiling (if you have long hair)  |
| <input type="checkbox"/> 1 sleeping bag or sheet/s with blanket                | <input type="checkbox"/> Mess Kit - 1 plate, 1 bowl, 1 fork, 1 knife, 1 spoon, 1 cup and tea towel (mess kit)        |

**Note:** In addition to the above items it is also recommended that you bring a small day pack so that personal items such as medications, water bottles, hats, raincoats, insect repellents and sunscreens can be easily carried during the day.

**NO AEROSOL CANS ARE PERMITTED, they will be confiscated before you get on the bus to leave school.**



## OUTDOOR EDUCATION NSW ACTIVITY LIST

<b>Abseiling</b>	5m and 10m abseil tower at the centre or 5m to 50m natural cliff abseiling as part of a day visit to the Watagan Mountains	Age dependent. Generally Yr. 5+ Min. Yr.7 off-site
<b>Archery</b>	Safe and fun. Structured lesson and practice time	All ages
<b>Bivouac</b>	Offsite camping experience in tents. Combines well with Watagan Mountains day visits	Generally Yr. 5+
<b>Bushcraft</b>	Basic camp fire building and damper cooking	Generally Yr. 1+
<b>Bushwalking</b>	Guided bushwalking experience. From 1/2 day environmental awareness to 3 day expeditions	Age dependent Generally Yr. 5+
<b>Canoeing</b>	3 person canoes. All students wear PFD's. Creek or lake locations	All ages
<b>Challenge Ropes</b>	Harnessed activity. Sequential elements rising to 8m with 60m flying fox	Min. Yr 5
<b>Dual Flying Fox</b>	Harnessed Activity. Adrenaline rush flying fox down a steep slope.	Generally Yr 5+ Min. Yr. 3
<b>Fencing</b>	Great fun and very safe. Protective equipment used to suit all ages. Structured lesson and practice time	All ages
<b>Giant Swing</b>	Very exhilarating 15m harnessed pendulum swing	Generally Yr. 5+ Min. Yr. 3
<b>High Ropes Courses</b>	Harnessed activity. Sequential elements at 4m, 7m and 12m (Jnr and Snr courses available)	Generally Yr. 3+, 5+, 7+, 9+
<b>Icebreakers</b>	Introductory Get To Know You and trust building activities	All ages
<b>Initiatives Exercises</b>	Student led problem solving and initiative activities	All ages
<b>Leap of Faith</b>	An adrenalin rush, leaping off a 10m pole.	Generally Yr. 7+
<b>Moonwalker</b>	Unique teamwork activity focusing on production of a quality product	Generally Yr. 7+
<b>Mud World</b>	Challenging mud course for teamwork and a lot of fun.	Generally Yr. 7+
<b>Multi Climb</b>	Harnessed pole, rope, peg and crate climbing activities. 12m.	All ages
<b>Navigation Challenge</b>	Extension of orienteering skills. Bush point to point course as part of a day visit to the Watagan Mountains	Generally Yr. 7+
<b>Orienteering</b>	Introduction to navigation. Score course or point to point courses at the centre	All Ages
<b>Pioneering</b>	Teamwork Initiative Activity	All ages

<b>Raft Building</b>	Small group teamwork activity. Construct and race your raft	Generally Yr. 5+
<b>Rock Climbing</b>	5m and 10m rock climbing tower at the centre or 10m natural cliff rock climbing as part of a day visit to the Watagan Mountains	All ages (on-site) Min Yr7 (off-site)
<b>Sailing</b>	2 or 3 person sailing dinghies. Various locations on Lake Macquarie	Generally Yr. 7+
<b>Sea Kayaking</b>	2 person sea kayaks. Various locations on Lake Macquarie.	Generally Yr. 7+
<b>Snorkelling</b>	Snorkelling at Shingle Splitters on Lake Macquarie	Generally Yr. 6+
<b>Sports</b>	Oval games, basketball, volleyball, table tennis	All ages
<b>Super Drop</b>	8m harnessed vertical drop.	Generally Yr. 5+
<b>Survivor Challenge</b>	Water based teamwork activity.	Generally Yr. 7+
<b>Teamwork Matrix</b>	Low ropes activity to promote small group teamwork	Min. Yr. 3
<b>Ten Pin / Laser Tag</b>	Additional cost or alternative wet weather activity	All ages
<b>Night Activities</b>	Games Night, Commando Night, Trivia Quiz, Camp fire, Challenge Night, Disco, Priest of the Parish, County Fair	All ages
<b>Excursions</b>	Old Sydney Town, Australian Reptile Park, Watagan Mountains	Age Dependent
<b>Expeditions</b>	Combining navigation skills, bushwalking, abseiling, rock climbing. Ranges from overnight bivouacs to 3 day expeditions	Age Dependent Min. Yr. 9+

**NOTE:** Some activities may require transport or incur additional cost.



**OUTDOOR EDUCATION NSW MEDICAL, ACTIVITY RESTRICTION AND CONSENT FORM – TO BE RETURNED TO YEAR ADVISORS**

Please complete the Medical, Activity Restriction and Consent Form and return with the nominated deposit to the school office or the teacher/s responsible for organising the camp at your son/daughter’s school.

Total Cost per student                      \$ 265.00 (inc. GST)                      Due Date:                      11 / 02 / 2019

This must be placed in an envelope and given to the front office or paid by EFTPOS, credit card over the phone, or by POP (Parent Online Payment). Payment by cheque is to be payable to: NSW Government School- Menai High School

***Participant Details***

Surname: ..... Gender:                       M /  F

Given Name/s: ..... Date of Birth:    ..../ ..../ .....

Address: .....

***Emergency Contact Details***

Parent /  Guardian /  Contact Person: .....  
(Name in Full)

Telephone: .....  
(Home)                      (Business)                      (Mobile)

***Medical Information***

Medicare N<sup>o</sup>: ..... Ambulance Cover:                       Yes /  No

Position on Medicare Card (eg. 1,2): ..... Medicare Expiry: .....

Private Health Insurance Fund:                       Yes /  No

Fund Name: ..... Fund Policy N<sup>o</sup>: .....

***Please answer the following medical questions regarding your son/daughter:***

1. Is your son/daughter in good health?                       Yes /  No

2. Does your son/daughter suffer any chronic illness, or disability?                       Yes /  No

If yes, please specify: .....  
.....

3. Does your son/daughter need to take any form of medication on camp?                       Yes /  No

If yes, please specify: (dose, frequency etc.) .....  
.....

Does the medication need refrigeration?                       Yes /  No

4. Has your son/daughter suffered from any acute illness during the past four months?                       Yes /  No

If yes, please specify: .....

5. Has your son/daughter had any major surgery (knee, back, heart, etc.)?                       Yes /  No

If yes, please specify: .....

6. Has your son/daughter been treated by a doctor during the last four weeks? Yes / No

If yes, please attach a doctors report with instruction about medical treatment and a certificate stating that the participant is fit to attend.

7. Does your son/daughter have any allergies? (insects, food, medication, etc.) Yes / No

If yes, please specify: .....

.....

8. Does your son/daughter have any special dietary requirements? Yes / No

If yes, please specify: .....

.....

9. Does your son/daughter: wet the bed? Yes / No  
sleep walk? Yes / No

10. Has your son/daughter had the Diphtheria Tetanus Toxoid booster injection? Yes / No

If yes, what date was the last booster given? ..... / ..... / .....

11. Do you give permission for Panadol to be administered to your son/daughter if required? Yes / No

**Activity Restrictions**

All activities are instructed by qualified instructors and at all times are supervised and accompanied by your son/daughter's school teachers.

Please read the sample program of activities for your son/daughter's school in conjunction with the Outdoor Education NSW Activity List. If you do not want your son/daughter to participate in any particular activity or activities, please write them in the space provided and notify your son/daughter of the activity or activities for which they are to be excluded:

.....

Is your son/daughter permitted to participate in swimming/water activities? Yes / No

If no, please inform your son/daughter that they are not to participate in any swimming/water activities.

How do you rate your son/daughter swimming ability?

Non Swimmer  Average (can swim more than 50m)  Competent (swim more than 100m)

**Parent or Guardian Consent**

In the event of any accident or illness and I am unable to be contacted, I authorise the obtaining of such medical assistance on my behalf that my son/daughter may require. I also agree to cover medical fees and/or cost of such assistance that may be incurred while my son/daughter is with Outdoor Education NSW.

Wilful damage of property while with Outdoor Education NSW will be paid for either by the student involved or by their parent/s or guardian.

I have read my son/daughter's sample program and have made them aware of the camp guidelines.

..... to attend the program run by Outdoor Education.

(Son/Daughter's Full Name)

Signature of Parent/Guardian ..... Date: ..... / ..... / .....

(Parent or Guardian)