

Kia ora all Ngahere whanau

This pack contains a basic outline of what your child can expect at camp, a couple of helpful hints, a gear list, and a medical form.

Camp is for Year 5 and 6 students. We will be going to Forest Lakes Camp in Otaki. We are there from Tuesday 31st October through to Friday 3rd November. <http://www.forestlakes.org.nz/>

The aim of camp is to:

- Encourage children to challenge themselves to try new experiences.
- Teach children how to manage themselves.
- Develop/extend social relationships.
- Build self-esteem and develop resilience.
- Teach children to learn about their personal limits and strengths.
- Provide a fun experience and celebrate their senior years at Kura St.

We are running an activity based camp. The children will be split into 15 groups with 10 children in each to complete the activities. Activities children will be given the opportunity to take part in are:

1. Kayaking
2. Flying Fox and Frisbee golf
3. Gladiator
4. Confidence Course
5. Archery
6. Horse riding
7. Mudslide
8. Swimming Pool & Waterslide
9. Camp Fire Cooking
10. Orienteering
11. Biking
12. Treasure hunt
13. Bivouac building
14. Boat/biscuit
15. 10 pin bowling/minigolf/volley ball/croquet
16. Sailing

Activities will be done in hour long blocks.

The cost for camp per child is approximately \$200. With fundraising, grants and school funding we have managed to lower the cost to whanau to \$100 per child. Please make sure this is paid before the end of Term 3.

Any children who have some anxiety about being away from their family will definitely benefit from experiences staying overnight at a friend or family member's house before camp. It is not as daunting spending time away if you've done it before.

If there are any specific concerns please put them on the medical form.

We have more than 20 parents who have confirmed their places on this year's camp as parent helpers. We would like to extend a huge thank you to them as camp wouldn't be possible without their assistance.

In the coming weeks children will get an opportunity to form pairs or groups of three (depending on cabin layout) that they want to share with.

If you have any queries please don't hesitate to ask.
The Ngahere Team

GEAR LIST

<p>With you on the Tuesday</p> <ul style="list-style-type: none"> ● School bag ● Morning tea and lunch ● Drink bottle ● Hat ● A packet of biscuits/home baking to share for supper 	<p>Clothing</p> <ul style="list-style-type: none"> ● Pyjamas ● Underwear and socks ● 4 day's changes of clothes ● Long pants ● Warm clothes (jersey / hoodie / long pants) ● Jacket/Rain coat ● Sunhat ● Shorts, T.shirts, singlets ● Appropriate shoes for physical activity ● Swimming togs ● Wetsuit (if you have one) ● 2 plastic rubbish bags (one for dirty clothes and one for wet clothes)
<p>Camping Gear</p> <ul style="list-style-type: none"> ● Sleeping bag ● Fitted sheet ● Pillow ● 4 towels (two for showering and two for water activities) ● Sunblock ● Torch ● Insect Repellent 	<p>Toiletries</p> <ul style="list-style-type: none"> ● Toothbrush and toothpaste ● Soap ● Shampoo/Conditioner ● Flannel ● Deodorant (roll on is preferred) ● Brush/Comb/Hair ties
<p>Optional</p> <ul style="list-style-type: none"> ● Swimming goggles ● Footwear to wear in water ● Sunglasses ● Camera ● Teddy bear / soft toy ● One pack of biscuits or lollies to eat in cabin 	<p>Medication</p> <p>Ensure medical form is completed and returned to school</p> <p>If you need to take any medication to camp please give these to Miss Wood. All medication needs to be CLEARLY NAMED.</p>

Titahi bay School: 31 October-3rd November

	Tuesday	Wednesday	Thursday	Friday
7am		Wake up	Wake up	Wake up
8.00	Chn arrive @ school per normal 9:30-leave school on bus	Breakfast	Breakfast	Breakfast
9.00 – 10.00 am		1 hour rotation	1 hour rotation	1 hour rotation
10.00-11.00		1 hour rotation	1 hour rotation	1 hour rotation
11.00-11.15	Morning Tea	Morning Tea	Morning Tea	Morning Tea
11.15 -12.15	Arrive at camp Allocate Cabins Welcome, Safety briefing Orientation Discovery Map Activity	1 hour rotation	1 hour rotation	Pack up Clean up Free time activities 10 pin, Mini Golf, Playground, Game run by parent Volley Ball, Croquet
12.30	LUNCH (own packed lunch from home)	LUNCH	LUNCH	12pm LUNCH Pre-packed bags
1.30 – 2.30 pm	1 hour rotation	1 hour rotation	1 hour rotation	@1.30 Leave Camp to return to school
2.30 -3.30	1 hour rotation	1 hour rotation	Team Building activities	2.45pm Arrive at school and unload bus and say goodbye.
3.30 – 3:45pm	Afternoon Tea	Afternoon Tea	Afternoon Tea	
3:45-4:45	1 hour rotation	1 hour rotation	Team Building activities	
5.00 – 5.30 pm	Cabin time/game run by a parent/free time activities-10 pin, Mini Golf, Playground, Volley Ball, Games room, Croquet	Cabin time/game run by a parent/free time activities-10 pin, Mini Golf, Playground, Volley Ball, Games room, Croquet	Cabin time/game run by a parent/free time activities-10 pin, Mini Golf, Playground, Volley Ball, Games room, Croquet	
5.30 pm	DINNER	DINNER	Formal DINNER	
6:30pm	Spotlight	Night walk	Movie night	
Evening Activities				
8:30pm	Diary Writing	Diary Writing	Diary Writing	
9pm	Bed	Bed	Bed	

Titahi Bay School Ngahere Camp 2017 Medical Form

What is your child's full name? _____

Medic Alert Number (if your child has one) _____

Please tick if your child suffers from any of the following:

- Migraine
- Diabetes
- Chronic Nose Bleeds
- Epilepsy
- Travel Sickness
- Heart Condition
- Asthma
- Fits/Seizures of any type
- Dizzy Spells
- Other: _____

Does your child suffer from any of the following?

- Bed Wetting
- Sleep Walking
- Anxiety (staying away from home)
- Other: _____

Is your child currently taking medication?

- Yes
- No

If you answered yes to the above question please give us more information:

Name of medication? Dosage and time/s to be taken? Other Treatment? (Medication and administering treatment – be as specific as you can please)

Does your daughter get her period?

- Yes
- No

If this is likely to happen while at camp can you let Candis Wood know and tell her the systems you use at home for this. We want to limit anxiety for all students.

Does your child have any allergies to the following?

- Prescription Medication
- Food
- Insect Bites/Stings
- Other: _____

If you answered yes to the above question, please explain what treatment is required.

When was your child's last Tetanus Injection?

Does your child have any dietary requirements? If so provide more information.

What pain / fever medication may your child be given if they require this?

Is there any information the staff should know to ensure the physical and emotional safety of your child? E.g. cultural practices, disabilities, anxiety about heights, darkness, small places, behaviour, emotional concerns, toileting concerns, activity related concerns etc

- Yes
- No

If you answered yes to the above question please explain...

Emergency Contact Person 1: This is the first person we will contact in the case of an emergency

Name: _____

Phone number: _____

Emergency Contact Person 2: This is the second person we will contact in the case of an emergency

Name: _____

Phone number: _____

Parent Signature: _____

Date completed: _____