20th June, 2012

Dear Parent/Caregiver,

We are pleased to be able to offer Year 9 students in 2012, the enriching experience of a 5 day camp at Jindabyne Sport and Recreation Centre in Term 4 from Monday 15th October to Friday 19th October.

The purpose of this camp is to support the school curriculum in social, environmental and recreational education. The activities at the camp will include an alpine walk (including chair lift ride), a climbing ropes course, mountain bike riding, a cookout and raft building or canoeing.

The success of these activities is dependent on the full cooperation and participation of all involved students. Students who wish to take part in the camp need to demonstrate a willingness to commit themselves fully through their level of participation and cooperation at school throughout the year. This enables the camp coordinating teachers to minimise risks to students whilst ensuring that all participants gain the most from their experience.

Parents are advised that students’ behaviour at the camp is to be in accordance with the Department of Education and Training’s Discipline policy as well as Jindabyne Sport and Recreation Rules for Program Participants. Students are subject to the same discipline consequences for misbehaviour including suspension, as if at school. Further, any seriously inappropriate behaviour will result in expulsion from the camp and parents will be called to arrange to collect their daughter from the camp.

Students who are involved in the camp enjoy the challenge and satisfaction to be found in the experience as well as the forming of new friendships. This enjoyment is encouraged through students taking on a number of responsibilities as part of their participation. We seek the help of parents in supporting the camp program by encouraging their daughters to observe the commitments they have as students of Cheltenham Girls’ High School. Cheltenham staff will accompany the students to the camp. In addition to these teachers, specialists in the field of recreation will undertake the instruction of the students in recreational activities.

The cost of the program is $400 which includes transport to and from the centre, accommodation and meals, transport for activities, National Park entry, chair lift ride, two contracted recreational instructors in activities and use of the Centre’s facilities.

The camp may be paid in a single payment or by two instalments. The first instalment is $200 due by Tuesday 17th July 2012. The second instalment is $200 due by Friday 14th September 2012. These dates must be strictly adhered to. Please make cheques payable to Cheltenham Girls’ High School. If a booking is cancelled within 90 days prior to the commencement of the camp, a cancellation fee of $50.00 is levied by Jindabyne Sport and Recreation Centre. Should your daughter be unable to attend the camp the cancellation fee will be deducted from your refund. Please ring Mrs Latty (Year 9 Adviser) or Mrs Edwards (Head Teacher Welfare) if you are having difficulties meeting the cost of the camp or if you have any other queries.
It is the expectation of the school that all students will attend. Students who are unable to attend the camp will complete an appropriate program of work under teacher supervision at school. Please note that unjustifiable absence from school will be recorded on students’ attendance records.

The venue has refused our request to have the indemnity waived and an alternative venue cannot be organised. Parents should carefully read the form and if necessary seek their own legal advice on their rights should their child suffer injury on any activity.

Please return the permission note, the medical consent form and Jindabyne Agreement Act and at least the first instalment to reception by Tuesday 17th July 2012.

Yours sincerely,

Linda Latty
(Mrs) L Latty
Year 9 Adviser

(Mrs) S Bridge
Year 9 Camp 2012
Principal

Please sign, detach and return together with correct money ($400) or 1st instalment of ($200) and permission slip to the cashier by Tuesday 17th July 2012.

I give permission for my daughter to attend the Year 9 camp and enclose $200 being the 1st instalment (or $400 being the total payment)

Student’s Family Name ___________________________ First Name: __________ Roll Class: __________

Signed: ______________________________________ Date: ________________

Parent/Guardian

Amount $ __________

Cash [ ] Cheque [ ]

For Office Use Only
Dissection No: 044-465
Yr 9 Camp 2012

TO BE COMPLETED IF PAYING BY CREDIT CARD: - DO NOT DETACH THIS SECTION FROM PERMISSION NOTE.

STUDENT: ___________________________ ROLL CALL: ___________________________

Visa [ ] Mastercard [ ]

Name appearing on the card: ___________________________

[ ] [ ] [ ] [ ] [ ] Expiry Date [ ] [ ] [ ] [ ]

Signature of Cardholder ___________________________ Date: ___________________

Contact Phone Number ___________________________

Amount: $ __________

Office Use Only:
Dissection No: 044-465
Yr 9 Camp 2012
Please sign, detach and return together with correct money 2\textsuperscript{nd} instalment of ($200) and permission slip to the cashier by Friday 14\textsuperscript{th} September, 2012.

I give permission for my daughter to attend the Year 9 camp and enclose $200 being the 2\textsuperscript{nd} instalment (or $400 being the total payment)

Student’s Family Name __________________________ First Name: __________ Roll Class: __________

Signed: __________________________________________ Date: ____________________

Parent/Guardian

For Office Use Only
Dissection No:044-465
Yr 9 Camp 2012

Cash [ ] Cheque [ ]

Amount $

TO BE COMPLETED IF PAYING BY CREDIT CARD: - DO NOT DETACH THIS SECTION FROM PERMISSION NOTE.

STUDENT: ___________________________ ROLL CALL __________________________

Visa [ ] Mastercard [ ]

Name appearing on the card: ___________________________

[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] Expiry Date [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

Signature of Cardholder __________________________ Date: ______________________

Contact Phone Number ____________________________

Amount $
Information for parents

Getting ready for camp

New skills, new friends and new experiences — school camp should be an exciting adventure. This information pack has been designed to help you prepare your child (and you) for a stress-free and enjoyable camp experience at Jindabyne Sport and Recreation Centre.

We have tried to cover all the questions you might have, but if you have a specific query that’s not covered here please contact our friendly staff on 13 13 02 or visit www.dcs.nsw.gov.au

Packing checklist:

- Shorts and t-shirts (no singlets, sleeveless or midriff tops)
- Jeans
- Jumpers and tracksuit pants
- Socks and underwear
- Raincoat
- Pyjamas
- Swimming costume and rash shirt
- Sunscreen, sunhat and sunglasses
- Tissues, including soap (no aerosols)
- Two towels
- Pillow, sleeping bag or two single flat sheets (sleeping bag compulsory for overnight bivouac or expedition)
- Day-backpack
- Insect repellent (no aerosols)
- Lip balm
- Two pairs of sneakers (one old pair to wear in the water)
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
- Medications (if required)
- Handkerchief or tissues
- Water bottle
- Enough warm clothing for three layers (temperatures can vary greatly, even in summer).

Optional: camera, stamped envelope for writing a letter, spending money.

Handy hint: Please label clothing, towels and sleeping bag with your child’s name. The Centre provides pillows only, you will need to supply a sleeping bag or doona.

What not to bring to camp:

- Aerosol cans (eg. spray on deodorant or insect repellent)
- Thongs, Ugg boots or slippers (these cannot be worn around the Centre or on activities)
- Radios or MP3 players
- Computer/video games
- Mobile phones
- Lollies or chewing gum
- Jewellery
- Anything valuable.

Please note that drugs, cigarettes and alcohol are not allowed at camp and campers found using or in possession of these items may be removed from the Centre. Illegal drugs will be reported to the Police immediately.

Luggage

One travelling case/bag and a sleeping bag is allowed per child and should be clearly marked with your child’s name, address and phone number. Remember, your child will have to carry their luggage, so make sure it’s not too big or too heavy.

Handy hint: Pack items needed on the trip in a smaller, lighter bag.

Medical information

The information you provide on the Medical and consent form — Child helps us to look after your child’s health needs at camp. If your child has an injury, pre-existing condition, special dietary needs or is on prescription medicines, please provide full details on this form.

Your child should bring enough medication for the duration of their stay. All medicines should be in original packaging and clearly marked with your child’s name, together with instructions on the prescribed dosage and frequency. You should discuss this with your child’s teacher, who will be responsible for making sure your child takes their medication.

Bed wetting

If your child is prone to bed wetting, please let the school or Centre staff know beforehand, so staff can deal with the situation in a discreet and caring manner. Laundry facilities are available, please provide a waterproof mattress protector if required.

Asthma

If your child has been diagnosed by a doctor as having asthma, it’s essential that you provide an asthma management plan so staff are aware of what action to take in the event of an attack. A copy of the Asthma Action Plan can be downloaded from www.asthmansw.org.au. Children with asthma should bring their own peak flow meters and keep their inhalers with them at all times.

Handy hint: Please make sure you put all important medical information on the Medical and consent form.
Money and valuables
You might want to provide your child with some spending money as students may need to buy meals on the forward and return journeys. We suggest that spending money is limited to $20 or $30.

Creature comforts

Accommodation
Students will stay in comfortable, centrally-heated lodges that accommodate up to eight students per room. Male and female students will be accommocated separately. At least one visiting teacher will be staying in a separate room in the lodge and will be responsible for student safety and behaviour overnight.

Meals
Nutritious meals are prepared by qualified catering staff in a commercial kitchen, so your child will never go hungry. If your child has any special dietary requirements or food allergies, it is very important that these are listed on the Medical and consent form. You might also like to mention these needs to your child's teacher before camp. Special diets are provided for medical conditions, religious beliefs and vegetarians/vegans.

Staying in touch at camp

Camp contact details
Jindabyne is about a seven-hour drive from Sydney, at the gateway to the Snowy Mountains.
You are welcome to get in touch with your child by mail, email or fax while at camp. Please make sure you mark your child's name and school clearly on any communication.
Children are not encouraged to phone home, as it can contribute to homesickness.

Jindabyne Sport and Recreation Centre
The Barry Way, Jindabyne NSW 2627
PO Box 514, Jindabyne NSW 2627
Fax: (02) 6456 2917
Email: jindabyne.office@communities.nsw.gov.au

Accidents or emergencies
In case of emergencies, parents can contact students on (02) 6450 0200 from 9am to 5pm, Monday to Friday.
You will be contacted if medical conditions or other serious issues arise. Sick or injured campers are usually taken to Jindabyne for assessment by a doctor if necessary. Jindabyne has a 24-hour ambulance service for emergencies.

Getting the most out of camp

Behaviour
For everyone's enjoyment of the camp, we expect a good standard of behaviour. Camp rules will be explained to students on arrival. Children who persistently ignore reasonable requests or engage in violent behaviour may be removed from the Centre.
If this happens, we will phone you or a nominated contact person to make arrangements for your child to be taken home. If we cannot make contact with anyone within 24 hours, we reserve the right to make alternative arrangements after discussion with appropriate Government agencies.

Outdoor safety
Every effort is made to ensure your child's safety and comfort while at camp. We have a sun protection policy that supports wearing hats and sunscreen and altering programs to minimise sun exposure during the hottest part of the day. Personal flotation devices (life jackets) supplied by us and covered shoes must be worn when participating in all water sports, except for swimming.

Handy hint: Encourage your kids to wear sunscreen all year round.
Medical and consent form – Child

### Participant details

<table>
<thead>
<tr>
<th>First name</th>
<th>Last name</th>
<th>Male</th>
<th>Female</th>
<th>Date of birth</th>
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<thead>
<tr>
<th>School name</th>
<th>Year group</th>
<th>Postal address</th>
<th>Postcode</th>
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### Program details

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<tr>
<th>Program number (if known)</th>
<th>Centre name</th>
<th>Date from</th>
<th>Date to</th>
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### Parent/guardian contact details

<table>
<thead>
<tr>
<th>First name</th>
<th>Last name</th>
<th>Postal address</th>
<th>Postcode</th>
<th>Home phone</th>
<th>Email</th>
<th>Mobile phone</th>
<th>Work phone</th>
<th>Fax number</th>
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<table>
<thead>
<tr>
<th>Relationship to participant</th>
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<tbody>
<tr>
<td>Parent</td>
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### Further information

- Is the child of Aboriginal or Torres Strait Islander descent? (For statistical purposes only)  
  - Yes  
  - No

- Are one/both the parents from a culturally or linguistically diverse background or community? (For statistical purposes only)  
  - Yes  
  - No

### Health details and related information

- Does the participant suffer from the following? (if yes to one or more, please attach details as required)
  - A current illness (eg. flu)  
  - A disability/chronic illness  
  - Any allergic condition  
  - Asthma (provide asthma plan)  
  - Bed wetting  
  - Attention deficit disorder (ADD/ADHD)  
  - Behavioural problems  
  - Diabetes  
  - Epilepsy  
  - Sleep walking  
  - Skin condition  
  - Other

<table>
<thead>
<tr>
<th>Private health insurance fund</th>
<th>Number</th>
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<tr>
<th>Medicare number</th>
<th>Position on card</th>
<th>Valid till</th>
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<tr>
<th>Swimming ability</th>
<th>Strong - 50 metres unaided</th>
<th>Average - 25 metres unaided</th>
<th>Poor - 10 metres unaided</th>
<th>Non-swimmer</th>
</tr>
</thead>
</table>
Medical and consent form – Child

Current medication

| Time and dosage – please specify exact time of medication (attach details as required) |
|-------------------------------------------------|------------|----------------|----------------|----------------|----------------|------------|----------------|
| Name                                            | Breakfast | Lunch | Dinner | Before bed | Other |
| eg. Bricanyl                                    | Time      | Dose  | Time   | Dose       | Time | Dose | Time | Dose |
| 8am                                             | 2 puffs   | 12:30pm | 2 puffs | 6pm       | 2 puffs | 8pm | 2 puffs |

Notes: 1. Scheduled medication must be provided in the original container (as required by legislation). 2. Staff will collect, supervise and register the taking of all medication.

Special requirements and dietary needs

Please identify any special needs or requirements not listed above (eg. diet, wheelchair access etc.)

Has he/she had the Combined Diphtheria
Tetanus Toxoid booster injection?

☐ Yes  ☐ No  Year

Has he/she been immunised against measles?

☐ Yes  ☐ No  Year

Privacy statement

Communities NSW of 6 Figtree Drive, Sydney Olympic Park, NSW 2127 will collect and store the information you provide to enable processing of enrolments for the program. The information will be provided to instructors of the program and their supervisors, where necessary, and you consent to this disclosure. If you have been asked for information regarding Aboriginal and Torres Strait Islander descent and cultural background, this information is voluntary and is being compiled for statistical purposes only. Any information provided by you will be stored on a database that will only be accessed by authorised personnel and is subject to privacy restrictions. The information will only be used for the purpose for which it was collected. Any information provided by you to Communities NSW can be accessed by you during standard office hours and updated by writing to us or by contacting us on 13 13 02.

Risk waiver and media consent

a) I agree for my child/ward to attend the Centre to undertake all activities and/or to participate in the above program and that my child/ward will abide by the rules and conditions of the Centre, and/or the Department, including those in any literature or verbal or written instructions. I authorise in the case of an emergency for the Centre or program staff, where it is impractical to communicate with me, to arrange for my child/ward to receive such medical or surgical treatment as may be deemed necessary. I also undertake to pay or reimburrsce costs which may be incurred for medical attendance, ambulance transport and drugs while my child/ward is participating in any activity or is in attendance at the Centre.

Except for situations in which a claim arises as a result of a negligent act or omission by Communities NSW or its employees, servants, volunteers or agents (hereafter each the “Released Person”), I agree to indemnify and keep indemnified the Released Persons from and against all claims whatsoever and however caused which the Released Persons will or may be or become liable arising from or as a result of my child/ward’s attendance at the Centre and/or participation in any activity. I also agree to waive, release and discharge all and any claim, right or cause of action against the Released Persons, however arising, whether currently known or arising in the future, which I may otherwise have for the loss of my child/ward’s life, or injury, damage or loss of any description whatsoever and however caused which my child/ward may suffer or sustain in the course of, or as a result of my child/ward’s participation in any activity and/or attendance at the Centre.

b) Please tick whichever applies to you

☐ I consent / ☐ I do not consent to allow Communities NSW to use my child’s/any ward’s name and any photographs, sound and film recordings taken of my child/any ward at this program for the promotion of Communities NSW’s services and initiatives to the media and to the general public.

Name (print) ____________________________ Signature ____________________________ Date / /

Returning this form

Please return this form to the coordinator of your Sport and Recreation program.

For more information call 13 13 02 or visit www.dsr.nsw.gov.au
What happens in asthma?
Asthma inflames the airways. During an asthma attack, the air passages (airways) of the lungs become inflamed, swollen and narrowed. Thick mucus may be produced and breathing becomes difficult. This leads to coughing, wheezing and shortness of breath.

Asthma Triggers
Common asthma triggers are house dust mite, pollens, animal fur, moulds, tobacco smoke, and cold air. It is unusual but some foods may trigger asthma attacks.

Exercise is a common asthma trigger but can be well managed with pre-exercise medication and warm-up activities.

How your preventer medicine helps
Your preventer medicine reduces the redness and swelling in your airways and dries up the mucus. Preventers take time to work and need to be taken every day, even when you are well.

Preventer medications are: Qvar (beclomethasone), Flixotide (fluticasone), Intal Forte CFC-Free (sodium cromoglycate), Pulmicort (budesonide), Singular (montelukast) and Tilade CFC-Free (nedocromil).

How your reliever medicine helps
Your reliever medicine relaxes the muscles around the airways, making the airways wider and breathing easier. It works quickly to relieve asthma symptoms, so it is essential for asthma first aid.

Reliever medications are: Airomir, Asmol, Epaq and Ventolin (all brands of salbutamol) and Bricanyl (terbutaline).

How your symptom controller helps
Symptom controllers can help people who still get symptoms even when they take regular preventer medicines. If you need a symptom controller, it should be taken with your preventer medication. It should not be taken instead of a preventer.

Like your reliever medicine, your symptom controller helps widen the airways. But while your reliever works for around 4-6 hours, symptom controllers work for up to 12 hours at a time. However, they are not good for quick relief of symptoms so they should not be used for asthma first aid.

Symptom controllers are: Foradil and Oxis (both brands of eformoterol), and Sererox (salmeterol).

There are combination medications that combine a symptom controller and a preventer in one puffer.

Combination medications are: Seretide (fluticasone and salmeterol) and Symbicort (budesonide and eformoterol).

Your GP can advise you on the availability under the Pharmaceutical Benefits Scheme of the drugs mentioned above.

Useful telephone numbers
- Asthma Foundation 1800 645 130 for information and advice about asthma management
- My pharmacy:
## My Asthma Action Plan

### When my asthma is well controlled
- No regular wheeze, or cough or chest tightness at night time, on waking or during the day
- Able to take part in normal physical activity without wheeze, cough or chest tightness
- Need reliever medication less than three times a week (except if it is used before exercise)

#### What should I do?
Continue my usual treatment as follows:
- **Preventer**
- **Reliever**
- **Combination Medication**
- Always carry my reliever puffer

### When my asthma is getting worse
- At the first sign of worsening asthma symptoms associated with a cold
- Waking from sleep due to coughing, wheezing or chest tightness
- Using reliever puffer more than 3 times a week (not including before exercise)
- Peak Flow* between
  - [ ] and [ ]

#### What should I do?
Increase my treatment as follows:

### When my asthma is severe
- Need reliever puffer every 3 hours or more often
- Increasing wheezing, coughing, chest tightness
- Difficulty with normal activity
- Waking each night and most mornings with wheezing, coughing or chest tightness
- Feel that asthma is out of control
- Peak Flow* between
  - [ ] and [ ]

#### What should I do?
Start oral prednisolone (or other steroid) and increase my treatment as follows:

### How to recognise life-threatening asthma
Dial 000 for an ambulance and/or 112 from a mobile phone if you have any of the following danger signs:
- Extreme difficulty breathing
- Little or no improvement from reliever puffer
- Lips turn blue and follow the Asthma First Aid Plan below while waiting for ambulance to arrive.

**A serious asthma attack is also indicated by:**
- Symptoms getting worse quickly
- Severe shortness of breath or difficulty in speaking
- You are feeling frightened or panicked
- Peak Flow* below [ ]

Should any of these occur, follow the Asthma First Aid Plan below.

**Asthma First Aid Plan**
1. Sit upright and stay calm.
2. Take 4 separate puffs of a reliever puffer (one puff at a time) via a spacer device. Just use the puffer on its own if you don't have a spacer. Take 4 breaths from the spacer after each puff.
3. Wait 4 minutes. If there is no improvement, take another 4 puffs.
4. If little or no improvement, CALL AN AMBULANCE IMMEDIATELY (DIAL 000 and/or 112 from mobile phone) and state that you are having an asthma attack. Keep taking 4 puffs every 4 minutes until the ambulance arrives.

**See your doctor immediately after a serious asthma attack.**

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* Not recommended for children under 12 years

**Name:** ...........................................  Date: ...........................................  **Best Peak Flow:** ...........................................  **Next Doctor's Appointment:** ...........................................