



9 November 2022

Rescheduled Camp – Ningil, Penola and Tullow Houses

Dear Parents and Carers,

Year 7 students will be attending a camp in Week 6 Wednesday 16 to Friday 18 November at The Greenhills Centre. The details are as follows:

Depart Wednesday: 9.00am for 9.30am departure. Students are to meet in the AUD

Return Friday: 3.00 pm. Arrival time will be advised on social media.

The Year 7 Camp is an excellent opportunity for students to develop relationships with their peers and enjoy diverse experiences outside of the formal school setting. It is expected that all students will attend the Camp. If your child is unable to attend, notification should have already been made to your Daughter's House Coordinator. Please advise as soon as possible if this is not the case.

Medication

Should your child require medication to be administered during camp (including Panadol and Nurofen), please package this in a sealed plastic bag and on the morning of camp and given to your Daughter's House Coordinator.

Epipens and Asthma sprays may be held by the student, but please provide the First Aid Officer with any extra instructions for usage. The bag should be clearly labelled with the student's name and dosage requirements. Please ensure that you have returned the appropriate medication consent forms prior to your child's first camp day. In an anticipation of increased pollen levels, It is also recommended that if your daughter suffers from hay fever that they bring antihistamine medication.

Food for the trip

All meals and delicious snacks will be provided. Students are asked to bring morning tea for the first day. Students will need to have access to these in a day pack.

Electronic Devices

It is recommended that students do not take electronic devices such as phones. If there is a need to contact your child or a member of staff, please contact Kate Durham on . Students will also be permitted to use this phone to contact parents should the need arise.

Cabin Allocation and Activities Groups

Each student will share cabin and activity groups with students from their own PC and House group. The aim is to make every student feel comfortable and to have the opportunity to make new friends. Students will be participating in various activities including, bush hike, low ropes, high ropes, orienteering, team building challenges and initiatives.

Equipment/Packing List

A detailed packing list is attached and will also be available on SEQTA. Students will be staying in cabin style accommodation for the two nights.

We anticipate that the Year 7 Camp will be a positive and memorable experience for all girls. Normal College conduct will be expected, and the Greenhills centre safety rules will also apply. Parents will be contacted and asked to collect their daughters if any serious misbehaviour occurs.

If you have any queries regarding your daughter's participation in the Camp, please do not hesitate to contact your daughter's House Coordinator or myself on 62434100 or email kate.durham@merici.act.edu.au.

With kind regards

Kate Durham
Deputy Principal Wellbeing

Ningil House – Mrs Rebecca Casey Rebecca.casey@merici.act.edu.au
Penola House – Mr Damian Brogia Damian.borgia@merici.act.edu.au
Tullock House – Mrs Emma Kennedy emma.kennedy@merici.act.edu.au

What To Bring To Camp

This is a recommendation of what to bring to make your camp more enjoyable:

- Wet weather gear / rain coat
- Personal Medication
- Hat
- Jumper or Jacket (Canberra can get cool at night all year around)
- Enclosed shoes (we are in the bush, please be aware of snakes and spiders)
- Insect Repellent

For overnight stays:

- Linen: 1 base sheet + top sheet or sleeping bag, a pillow case and towel
- Toiletries including soap or body wash, shampoo, tooth brush and toothpaste
- Extra pillow if you like (each bed has one pillow provided)
- Linen Packs are available to hire – must be pre-ordered

Additional items for Guided Activities:

- Extra pair of enclosed shoes. Enclosed shoes must be worn for all activities.
- Sun Screen, water bottle and hat
- Sun smart T- shirts, long shorts or pants for activities, especially if using harnesses
- Hair band to tie back long hair
- Swimmers with a cover shirt, or light clothes you don't mind getting wet for Water Sports.
- Torch (head torch preferred) for night activities

Note: Outdoor activities may result in damage / soiling of clothing. Please ensure clothing is suitable for outdoor recreational use.

Extra stuff you might need:

- Backpack (for bush walking)
- Plastic bag to take wet or dirty clothes home in
- Torch
- Camera