



# CAVENDISH ROAD

*State High School*

*Nil sine pulvere, nil praeter optima.*

Cnr Cavendish & Holland Roads, PO Box 156 Holland Park QLD 4121

Phone +61 7 3394 0777 Fax +61 7 3394 0700 Email [admin@cavroadshs.eq.edu.au](mailto:admin@cavroadshs.eq.edu.au) Web [www.cavroadshs.eq.edu.au](http://www.cavroadshs.eq.edu.au)

DETE (Department of Education and Training) CRICOS No 00608A

8 November 2018

Dear Parent/Caregiver

## **YEAR 7 CAMP – TERM 1 2019**

At Cavendish Road SHS we want to teach, reinforce and then further develop the key concept of “resilience” from the outset of your child’s secondary education. Therefore, as part of our Pastoral Care (PSC) program, each Year 7 class will spend 3 days at Resilience Camp. The camp will run from Monday 25th February to Friday 1<sup>st</sup> March 2019. There will be two 3-day camps and each student will be made aware of their exact camp date at the beginning of 2019. Camp is a compulsory part of our Year 7 program.

The main aim of teaching students about resilience is to help them develop the skills to cope with life’s daily challenges, whether here at school or later during adulthood. The objectives of Resilience Camp are:

1. To offer students and PSC teachers an opportunity to strengthen learning relationships
2. To assist the development of resilience in our students
3. To further develop student leadership skills

Important concepts covered on camp and during our wider PSC program will include: coping skills, problem solving, social competence, autonomy and optimism.

### **Camp Details:**

Camp 1: Mon 25/2/19 – Wed 27/2/19

Camp 2: Wed 27/2/19 – Fri 1/3/19

**Departing:** 8:00am on the morning of your camp (either Monday or Wednesday) from Elgar Street

**Returning:** 2:30pm to Elgar Street (Wednesday or Friday). Students will be dismissed upon arrival or they can wait at the Basketball Courts inside the school grounds until 2:50pm.

**Venue:** *Camp Goodenough*, Bilambil, NSW

**Cost:** \$ 285 approx. (includes transport, accommodation, meals and camp program)

*Please note: Students who opt-out of Year 7 camp less than 10 days prior to the departure date will incur a fee of \$75.00 to cover the fixed cost of transport and camp cancellation fee.*

The venue is *Camp Goodenough* located in the Northern NSW Hinterland around Mt Warning, about an hour-and-a-half drive from Cavendish Road SHS. The students will be staying in dorm-style accommodation. Catering staff will make allowances for students with specific dietary needs; these should be indicated on the student information sheet accompanying this letter. More information is available on the camp website: [www.campgoodenough.com.au](http://www.campgoodenough.com.au)

Please find attached to this letter...

1. Medical and Camp Consent Form
2. Special dietary requirements information
3. Menu suitability matrix
4. Essential clothing/equipment list

**NOTE:**

- Medical and Camp Consent Form is to be completed and returned to the finance window by **Friday 1<sup>st</sup> February, 2019.**
- Payment is due by Friday 8<sup>th</sup> February 2019.
- Payment may be made via BPOINT as per instructions on the invoice or in person at the school Finance Window (8am to 2pm on school days).

Thank you in advance for your support of this endeavour. If you have any questions concerning the program, please do not hesitate to contact Peter Brent (Year 7 Co-ordinator) on 3394 0777 or via email [pbren23@eq.edu.au](mailto:pbren23@eq.edu.au)  
Please do not contact Camp Goodenough directly.

Yours sincerely,



Paul Cox  
(Acting Principal)



Peter Brent  
(Year 7 Coordinator)



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DETE (Department of Education and Training) CRICOS No 00608A

## Year 7 Camp Goodenough

### **Privacy notice**

The Department of Education is collecting the personal information requested in this form in order to:

- obtain lawful consent for your child to participate in the activity;
- help coordinate the activity;
- respond to any injury or medical condition that may arise during, or as a result of the activity; and
- update school records where necessary.

The information will only be accessed by authorised school staff and will be dealt with in accordance with the confidentiality requirements of s.426 of the Education (General Provisions) Act 2006 (Qld) and the Information Privacy Act 2009 (Qld).

The information will not be disclosed to any other person or agency unless the disclosure is authorised or required by law, or you have given the department permission for the information to be disclosed.

### **Activity risks and insurance**

Please note that the Department of Education does not have personal accident insurance cover for students. If your child is injured as a result of an accident or incident while participating in the activity, all costs associated with the injury, including medical costs are the responsibility of the parent/carer. Some incidental medical costs may be covered by Medicare. If you have private health insurance, some costs may be also be covered by your provider. Any other costs must be covered by parents/carers. It is up to all parents/carers to decide what types and what level of private insurance they wish to arrange to cover their child. Please take this into consideration in deciding whether or not to allow your child to participate in this activity.

### **Consent**

By signing this form I agree that:

- I have read all of the information contained in this form in relation to the activity (including any attached material) and I am aware that the department does not have personal accident insurance cover for students.
- I give consent for my child, \_\_\_\_\_ <insert child's name> in class \_\_\_\_\_ <insert class details>, to participate in the Year 7 Camp Goodenough activity on the 25/02/19 – 01/03/19.
- I will pay to the school the costs detailed in this consent form for my child's participation in the activity.
- In the event of an accident or illness, school staff may obtain or administer any medical assistance or treatment my child may reasonably require, including contacting my child's doctor.
- I accept liability for all reasonable costs incurred by the department in obtaining such medical assistance or treatment (including any transportation costs) and undertake to reimburse the department the full amount of those costs.
- I have provided the school all relevant details of my child's medical or physical needs on enrolment and where relevant have updated this information.

Parent/Carer's Name: \_\_\_\_\_ (Please print)

Parent/Carer Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### **Additional medical information**

The school collected medical information about your child at enrolment. This information is stored electronically in OneSchool. Please give full details of any new or updated medical information which may affect your child's full participation in the activity described in the form.

\_\_\_\_\_  
\_\_\_\_\_

### **You may also wish to update/provide the following optional information\*:**

Name of child's medical practitioner: \_\_\_\_\_ Telephone No.: \_\_\_\_\_

Medicare No.: \_\_\_\_\_

Private Health Insurance Company (if applicable): \_\_\_\_\_ Membership No.: \_\_\_\_\_

\*If an enrolment form for your child was completed or updated since October 2012 and these details have not changed, this information will already be recorded in OneSchool.

I would like this additional information about my child's medical information to be recorded in OneSchool records.

I agree for my child's image being published in the school's newsletter and social media.



**MEDICAL & CAMP CONSENT FORM**

*The information below must be completed for every guest attending camp. It is important for the well-being of the guest that this form be completed accurately and completely as the information contained may be required by medical practitioners if treatment is required.*

Group/ School Name	Cavendish Rd High School Year 7 Camp	Medicare Number	----- Line # _	
Surname	Given Name	Date of Birth	Next of Kin Name	Contact No. -- Mobile
Address : House / Street	Suburb	State/ Postcode	Home Phone	Work Phone

**HAVE YOU HAD A TETANUS BOOSTER IN THE LAST 12 MONTHS? YES / NO**

**Do you suffer from any of the following? Please give full details including severity, medication, date of last attack/ incident, operation etc.**

Ailment	Response	Details (including severity etc)	Ailment	Response	Details (including severity etc)
Heart Condition	Yes / No		Asthma	Yes/ No	
Epilepsy	Yes / No		Respiratory Condition	Yes / No	
Diabetes	Yes / No		Blood Pressure	Yes / No	
Bed Wetting	Yes / No		Disability	Yes / No	
Sleep Walking	Yes / No		Phobias	Yes / No	
Travel Sickness	Yes / No		Other?	Yes / No	

Additional information

**Do you have any allergies? Please give full details including an Action Plan outlining severity, date of last attack/ incident, date of formal diagnosis etc. Parents - please ensure your child is fully aware of any known allergies prior to attending camp as your response is deemed final and no variance will be permitted.**

Allergy / Intolerance to	Response	Details			
Drugs	Yes / No				
Creams/ Lotions	Yes / No				
Foods	Yes / No				
Other ?	Yes / No				
Anaphalaxis	Yes / No	Epi-Pen Carried : Yes / No	Action Plan Completed : Yes / No	Date of Last Reaction	
		Reaction caused by			

**MEDICATION :**

Please provide details of any medication being taken including dosage, frequency etc.

(Please ensure that all medications are in original packaging and clearly marked with your name and dosage instructions.)

Medication	Dosage	Frequency	Timing of Day	Special Notes

Do you authorise the Group Leader or Camp Goodenough Staff or their duly appointed representative to obtain such medical attention as may be deemed necessary if the need arises?	Yes / No	Signature :
Do you authorise the Group Leader or their duly appointed representative to administer Paracetamol if the need arises?	Yes / No	Signature :
Do you authorise a Qualified Medical Practitioner to administer anaesthetic and/ or blood transfusion if the need arises?	Yes / No	Signature :
I have discussed with my Son / Daughter any known allergies and they are aware that food items detailed above will not be permitted to be consumed under any circumstances during their stay at the camp.		Signature :
I have discussed behavioural expectations with my child whilst at camp and accept that dangerous behaviour and disregard for safety instructions/ procedures will not be tolerated. I acknowledge that this type of behaviour can lead to injuries and/or damage to equipment or property and my child may be excluded for breach of these guidelines.		Signature :
I acknowledge that I will be responsible to pay restitution for any wilful damage or graffiti performed by my child.		Signature :
In the event that my child is sent home from camp for any reason, there will be no refund of monies paid for the unused portion of the camp.		Signature :
I am aware that viral gastroenteritis is potentially infectious while symptoms are present and for 48 hours after the symptoms have ceased. In the event that my child has suffered symptoms within 48 hours prior to attending the camp, they will be excluded from the camp until such time has elapsed. (NSW Health are advised of any outbreak where 2 or more guests present with common symptoms and the QLD Health Management Plan – Gastroenteritis Outbreaks in Camp Facilities <a href="http://www.health.qld.gov.au/ph/documents/cdb/gastro_camp_manual.pdf">www.health.qld.gov.au/ph/documents/cdb/gastro_camp_manual.pdf</a> is commenced. Please note: where a guest attends our facility with a known condition and the camp is required to be disinfected, a cleaning fee will be charged accordingly.		Signature :
Are there any other details that the Group / School Leader or Camp Staff should be aware of either prior to or during the Camp?		

I hereby give permission for my (Son / Daughter) ..... to attend the camp during the following dates

Monday 25<sup>th</sup> February to Wednesday 27<sup>th</sup> February or Wednesday 27<sup>th</sup> to Friday 1<sup>st</sup> March, 2019.

I understand travel to and from the camp will be by bus unless otherwise agreed and notified with school.

**I declare that the information which I have provided on this form is complete and correct and that I will notify the school if any changes occur prior to arrival at the camp.**

Signed ..... (Parent/ Guardian)                      Date: ...../...../.....

Printed Name: .....

**Photograph Consent:** I consent to my child being photographed and/or visual images of my child being taken during the camp program for use in Camp Goodenough promotional material without acknowledgement and without being entitled to any remuneration or compensation. (Please strike out this sentence if you do not agree)

CAMP GOODENOUGH

ESSENTIAL CLOTHING / EQUIPMENT LIST

CLOTHING

Shorts, shirts, long pants, light jumper, underwear, pyjamas, swimming togs, socks. Enough clothes for the entire duration of the programme should be brought. It is advised not to bring expensive clothing or shoes due to the nature of the activities undertaken. **Singlet / midriff tops are unsuitable for camp activities.**

FOOTWEAR

**Joggers or closed in shoes are to be worn at all times when participating in activities and moving around the camp centre.**

PROTECTION FROM THE SUN

All students must have a suitable hat and block out cream. An old long sleeved, collared shirt and eye protection is also desirable. **Singlet / midriff tops do not provide adequate protection from the sun and are not to be worn during camp activities.**

RAINCOAT

Knee length is essential. A hood/rain hat is desirable

BEDDING

One fitted sheet, pillow and sleeping bag.

TOILETRIES

Towel, soap, toothpaste, toothbrush, washer, shampoo, personal prescribed medication, bandaids, insect repellent and deodorant.

WATER BOTTLE

TEA TOWEL

PENCIL CASE

OTHER ITEMS THAT MAY BE OF USE

Camera only- mobile phones cannot be used

ITEMS NOT TO BE BROUGHT ON CAMP

As per the schools electronic device policy - no electronic equipment including mobile phones, IPOD'S and MP3 players, these are expensive items and the school will not be held responsible for these items.

It is a requirement that jewellery be removed as a matter of safety for a number of activities conducted during most programmes. If jewellery is unable to be removed or suitably taped, the Student will not participate.

**Singlet / midriff tops are unsuitable for outdoor activities.**

**No lollies or sweets – students will be provided with dessert each night and teachers will have a supply of lollies to be used during activities. Lollies and sweets will be confiscated and returned to students at the end of camp. This is due to the high number of students with food allergies.**



**CAMP GOODENOUGH PTY LTD**  
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Carool NSW 2486  
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Fax (07) 5590 7911  
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Web site – [www.campgoodenough.com.au](http://www.campgoodenough.com.au)

**Attention : Guests with “Multiple” Special Dietary Requirements and Lifestyle Diets.**

The menu offered by Camp Goodenough has been designed to cater for the majority of guests attending our venue.

Recently there has been a dramatic increase in the number of guests with multiple special dietary requirements which has become very challenging for us to cater for. Consequently, starting in 2017, guests that are not covered by our standard menu and options for “one” of the following diets will be required to provide their own food substitutions to meet with their dietary needs.

The diets catered for at camp include the following :

- Anaphylaxis to Nuts, Seafood, Egg
- Vegetarian
- Lactose Intolerant
- Coeliac (Gluten Free)

There is a Menu Matrix available from your Camp Co-ordinator that outlines the menu and the available substitutions for your reference.

If you have multiple dietary requirements and your diet is not covered in this plan, you will be required to provide your own substitution item/s for that particular part of the meal.

**Please note the following important requirements if you are providing your own substitutions :**

- Camp Goodenough is a Nut and Egg free venue. Please do not bring items that contain nuts as there is a possibility that cross contamination can occur and expose other guests to these life threatening allergens.
- Any chilled or frozen items must be transported in accordance with Safe Food Guidelines.
- Camp Goodenough will not be held liable for any foods not transported in a safe manner and we reserve the right to dispose of items arriving in a non-controlled manner or appearing damaged or spoiled in accordance with Food Handling Guidelines
- Chiller Bags & Ice Bricks are the minimum requirement for frozen or chilled items.
- Please label all items of food with the guests name and the meal for which it will substitute.
- Preparation will be limited to reheating items in a microwave by the camp staff.

Should you require any further information, please direct all queries through your school’s camp co-ordinator.

**Menu Suitability Matrix for Guests with Allergy & Dietary Requirements**

3 Day / 2 Night Camp		Suitability for Allergies/ Diets (X = not suitable)						Warning Label - May contain traces of the following OR Processed on Equipment that also processes							Substitutions Available	
Day/ Meal	Item	Nut Allergy	Coeliac	Vegetarian	Halal	Lactose Free	Egg	Soy	Nuts	Sesame	Soy	Gluten	Egg	Milk		Seafood
	Oranges															
	Apples															
Morning Tea	Apples															
	Biscuits - Family Assorted	X	X			X	X	X	X	X	X	X	X	X		
	- Rice Crackers															- Apples
Lunch	Devon			X	X	X		X							X	
	- Ham			X	X											
	- Cheese					X									X	
	Coleslaw					X	X					X	X			
	- Dry Slaw															- Nil
	Tossed Salad															
	Sliced Tomato															
	Sliced Cucumber															
	Grated Carrot															
	Pineapple															
	Diced Beetroot															
	Bread		X					X		X	X	X				
	- Gluten Free Bread							X		X						
	Spreads															
	Apples															
Afternoon Tea	Biscuits Choc Chip	X	X			X	X	X	X		X	X	X	X		
	- Rice Crackers															- Apples
Dinner	Roast Beef			X												
	- Bubble & Squeak		X			X	X	X		X	X	X	X			- Nil
	Roast Potato															
	Mashed Pumpkin															
	Mixed Vegetables															
	Carrots															
	Peas															
	Beef Gravy		X	X				X		X	X					- Nil
	Chocolate Mousse					X								X		
	Jellies			X	X											Gelatin from Beef
	Ice-Cream	X				X			X					X		
	- Bulla Vanilla					X								X		
	- So Good Soy Vanilla							X		X						
	Chocolate Topping															
<b>Day 3</b>																
Breakfast	Cornflakes	X	X						X			X				
	Rice Bubbles	X	X						X			X				
	Coco Pops	X	X						X			X				
	Weet-Bix		X					X			X	X				
	- Freedom Corn Flakes															
	- Freedom Rice Puffs															
	- Lowan's Cocoa Bombs	X							X							- Nil
	Toast		X					X		X	X	X				- Nil
	- Gluten Free Bread							X		X						- Nil
	Bacon			X	X											- Nil
	Hash Browns		X								X					- Nil
	Spaghetti in Tomato Sauce		X			X	X				X	X	X			- Nil
	Spreads															
	Oranges															
	Apples															



**Menu Suitability Matrix for Guests with Allergy & Dietary Requirements**

3 Day / 2 Night Camp		Suitability for Allergies/ Diets (X = not suitable)							Warning Label - May contain traces of the following OR Processed on Equipment that also processes							Substitutions Available
Day/ Meal	Item	Nut Allergy	Coeliac	Vegetarian	Halal	Lactose Free	Egg	Soy	Nuts	Sesame	Soy	Gluten	Egg	Milk	Seafood	
	Oranges															
	Apples															
Morning Tea	Apples															
	Biscuits - Family Assorted	X	X			X	X	X	X	X	X	X	X			
	- Rice Crackers															- Apples
Lunch	Devon			X	X	X				X				X		
	- Ham			X	X											
	- Cheese					X								X		
	Coleslaw					X	X					X	X			- Nil
	- Dry Slaw															
	Tossed Salad															
	Sliced Tomato															
	Sliced Cucumber															
	Grated Carrot															
	Pineapple															
	Diced Beetroot															
	Bread		X						X	X	X					
	- Gluten Free Bread								X	X						
	Spreads															
	Apples															
Afternoon Tea	Biscuits Choc Chip	X	X			X	X	X	X		X	X	X			
	- Rice Crackers															- Apples
Dinner	Roast Beef			X												
	- Bubble & Squeak		X			X	X	X		X	X	X	X			- Nil
	Roast Potato															
	Mashed Pumpkin															
	Mixed Vegetables															
	Carrots															
	Peas															
	Beef Gravy		X	X						X	X					- Nil
	Chocolate Mousse					X								X		
	Jellies			X	X											Gelatin from Beef
	Ice-Cream	X				X			X					X		
	- Bulla Vanilla					X								X		
	- So Good Soy Vanilla									X						
	Chocolate Topping															
<b>Day 3</b>																
Breakfast	Cornflakes	X	X						X		X					
	Rice Bubbles	X	X						X		X					
	Coco Pops	X	X						X		X					
	Weet-Bix		X							X	X					
	- Freedom Corn Flakes															
	- Freedom Rice Puffs															
	- Lowan's Cocoa Bombs	X							X							- Nil
	Toast		X							X	X	X				
	- Gluten Free Bread									X						- Nil
	Bacon			X	X											- Nil
	Hash Browns		X								X					- Nil
	Spaghetti in Tomato Sauce		X			X	X				X	X	X			- Nil
	Spreads															
	Oranges															
	Apples															

### Menu Suitability Matrix for Guests with Allergy & Dietary Requirements

3 Day / 2 Night Camp		Suitability for Allergies/ Diets (X = not suitable)							Warning Label - May contain traces of the following OR Processed on Equipment that also processes							Substitutions Available
Day/ Meal	Item	Nut Allergy	Coeliac	Vegetarian	Halal	Lactose Free	Egg	Soy	Nuts	Sesame	Soy	Gluten	Egg	Milk	Seafood	
Morning Tea	Biscuits - Family Assorted	X	X			X	X	X	X	X	X	X	X	X		
	- Rice Crackers															
Lunch	White Bread		X					X		X	X	X				
	-Gluten Free Bread							X		X						
	Beef Sausages		X	X								X				
	- Gluten Free Sausages			X	X	X	X						X	X		
	- Vegetarian Sausage	X	X					X	X	X	X	X	X			
	Onion															
Sauces - Tom, BBQ																
	- Mustard	X							X	X						
Watermelon																
Oranges																

**Notes :** \*Items coloured blue above are substitutions available where notification is received prior to arrival at camp.

If a guest's diet is not covered by the above menu and there are no suitable substitutions, then we respectfully request that guests provide their own food substitution for that particular component of the meal.

All items of food supplied by guests must conform to the following guidelines :

- \* Camp Goodenough is a Nut and Egg free venue.
- \* Nuts of any type are prohibited from being brought on-site by guests.
- \* Any chilled or frozen items must be transported in accordance with Safe Food Guidelines.
- \* Camp Goodenough will not be held liable for any foods not transported in a safe manner and we reserve the right to dispose of items arriving in a non-controlled manner or appearing damaged or spoiled in accordance with Food Handling Guidelines
- \* Chiller Bags & Ice Bricks are the minimum requirement for frozen or chilled items.
- \* Please label all items of food with the guests name and the meal for which it will substitute.
- \* Preparation will be limited to reheating items in a microwave by the camp staff

**Menu Items above are subject to change without notice and are subject to product labelling and availability.**