



EASTWOOD PUBLIC SCHOOL

Rowe Street, Eastwood 2122

Phone: 9874 1029, 9874 1600, 9874 0289, **Fax:** 9804 7495

Website: <http://www.eastwood.nsw.edu.au/>

Email: eastwood-p.school@det.nsw.edu.au

Principal: Mr Gregory Ramsay

Dear Parents and Guardians,

Year Five students will be participating in a three-day camp at Sydney Academy of Sports and Recreation, Narrabeen. The dates include: 5th September to 7th of September 2017. Your child will be travelling to and from Narrabeen via coach, fitted with seatbelts. The cost has been included in your child's term costs. Please sign the permission form below and return it by 11th of August 2017.

A list of items for your child to take with them is attached to this permission note.

Pack items into a strong back pack or very small overnight luggage bag with your child's name clearly printed on it and on all personal items and clothing. Please remember that we need to fit **104 bags in the two coach compartments, therefore no oversized bags please. Please do not include mobile phones in the packed items as we will be busy at all times and we are trying to develop your child's independence. No responsibility will be taken for lost or stolen items.**

Your child needs to be at school at 8.45am sharp for roll call, coaches leave promptly at 9.00am. Students are to assemble in their usual assembly lines ready for their teacher to pick up.

- If your child suffers from "motion sickness" — (vomiting while on a bus), please advise your child's teacher so she/he may prepare for the trip appropriately. As an added precaution you may pack a small salty snack for your child, to eat on arrival. **A large breakfast before the bus trip is not advisable for students who suffer motion sickness.**

Yours sincerely,

Karen Sparrow
Assistant Principal

Gregory Ramsay
Principal



**Year Five Academy of Sport and Recreation
Camp 2017**

I have completed the required online medical form and give my child _____ of class _____ permission to attend the Sydney Academy of Sports and Recreation camp on the 5th of September to 7th of September 2017 for PDHPE. I understand travel to and from the venue is by coach.

Parent Signature

Date



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What to pack

Luggage

One piece of luggage, a sleeping bag and a small day backpack is recommended per child. These should be clearly marked with your child's name, address and phone number.

Remember, your child will have to carry their luggage so it's good to make sure it's not too big or too heavy. Items needed on the trip should be packed in the backpack.

Checklist

Please label all clothing, towels and sleeping bag with your child's name.

- Shorts and t-shirts (no singlets, sleeveless or midriff tops)
- Jeans
- Jumpers and tracksuit pants
- Socks and underwear
- Raincoat
- Warm jacket (winter only)
- Three layers of warm clothing (winter only, or all-year round at Jindabyne, Borambola, Lake Burrendong and Lake Keepit)
- Pyjamas
- Swimming costume and rashie shirt
- Sunscreen, sun hat and sunglasses
- Two pairs of running shoes (one old pair to wear in the water)
- Toiletries, soap, lip balm and insect repellent (no aerosols)
- Two towels
- Pillow, sleeping bag or doona and two single flat sheets
- Day backpack
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
- Medication (if required)
- Handkerchief or tissues
- Water bottle

Optional

- Camera
- Up to \$30 for souvenirs



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Dear Parents and Guardians,

Your child is attending a Sport and Recreation school camp at Sydney Academy of Sport and Recreation organised through Eastwood Public School. Prior to the camp all students must complete a **Medical and Consent Form prior to attending.**

The information that Sport and Recreation needs about your child includes:

- medical conditions
- food related allergies
- special diets
- medication
- emergency contact details
- media consent

Sport and Recreation requires you to complete this form on behalf of your child. The form is available online and is easy to complete. Once you submit the form the information is sent to the Centre so the staff can prepare for your child's visit.

Please complete the Medical and Consent Form at:

<https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform>

(Chrome or Firefox browser preferred)

It is vital that you enter the following details to complete the online form by **Friday, 11 August 2017**

Booking Number: **479189**

Booking Start Date: **05/09/2017**

Booking Venue: **Sydney Academy of Sport and Recreation**

For information on camp life and what to pack, go to

<https://sportandrecreation.nsw.gov.au/schoolcampparentinfo>

If you have any questions please do not hesitate to see your child's teacher.

Yours sincerely,

Karren Sparrow
Assistant Principal

Gregory Ramsay
Principal