



康樂室
RECREATION ROOM

Year 3 Camp
10th – 11th November 2011
Sai Kung Outdoor
Recreation Centre

Why go on camp?

- experience independence from home
- take responsibility for themselves and others
- value the qualities and differences of others
- participate in outdoor activities
- engage in self-generated play
- build confidence in themselves and others
- encourage risk taking in themselves and others
and extend their creativity



Day 1

Thursday 10th November

- Depart school approx 9:30
- Bus to Clearwater Bay Beach 2
- Beach Activities
- Lunch
- Go to camp
- Camp activities
- Dinner



Day 2

Friday 11th November

- Breakfast
- Pack
- Camp activities
- Lunch
- Go to Lions Nature Education Centre
- Arrive back at school in time for school buses

Camp Activities

- Cycling
- Art & Craft
- Roller skating
- Climbing wall
- Team games



Trainers must be worn when participating in all sports activities.

Accommodation

Children will be in groups of 6-8.
The children will be able to
choose at least one friend who
they want to be with.





Camp Cuisine

- Breakfast - camp canteen
- Lunch - Day 1 - packed lunch from home
Day 2 – camp canteen
- Dinner - camp canteen

Dietary needs will be catered for.



Medical Things

- Inform us on the camp forms as to any allergies or medical conditions that your child has.
- Medication must only be sent to camp if **ABSOLUTELY NECESSARY!** If this is the case, you should provide: Doctors note, Written request from parent, Medication must be clearly labelled (type, dosage, doctor's details) and must be brought in by a parent or parent representative and handed to Ms Rose Fletcher.
- It must be brought to school on the morning of camp.



What to Bring

Main Bag – A backpack to carry all their belongings.

Must haves:

Sports shoes

Bath towel

1 set of day clothes

Night clothes

1 set of underwear

Warm top

Polythene bag for dirty clothes

Wash kit (tooth brush,
paste, shampoo, lip balm,
etc)

Day Pack – A rucksack big enough to hold:

Water bottle, lunch, camera, sunscreen,

mosquito repellent, pencil, hat,

small beach towel, raincoat

(plastic poncho), possibly a jumper,

swimsuit, change of underwear

Camp t-shirt is to be worn on the first day of camp.

Beach shoes need to be worn (no flip flops-crocs are ideal)

Swimsuit might be worn under clothes

Expectations

At camp, the children will need to be able to do the following by themselves:

- Make their bed
- Pack their rucksack (it would be a very good idea if they packed it at home or at least watched you do it).
- Shower
- Brush teeth
- Dress
- Toilet
- Tie shoes



Extras

- Label **everything** that is being brought to camp.
- Day one packed lunch – disposable packaging.
- Decent sized water bottle. These can be filled up around the camp site but not at the beach.
- Don't forget a hat for the beach.
- Please do not send extra snacks or sweets.
- Snacks will be provided for the afternoon on day 1 and the morning of day 2.

Electronic Equipment

- NO mobile phones or electronic games.



- No phone calls home unless there is a problem.
- Children may bring cameras. They will be the child's responsibility and must be labelled. Any valuables lost on camp will be the responsibility of the student who brought them.

Camp Safety

- All safety ratios, staff / student, are met to ESF guidelines.
- Most staff are qualified First Aiders and First aid kits are carried at all times
- Climbing wall and roller skating will be supervised by qualified staff.
- All staff will have access to student information and contact details in case of emergencies.

* Night patrol



Camp Live!

- To keep you updated as to what the children will be doing on their first camp, we will post a few photos of various camp activities online for you to see.
- This will be on the Beacon on the first evening.



Susan King



Chloe Dale



Alison Kutrzyk



Julie Wu



Christine Blair



Amanda Gulliver



Rose Fletcher



Jane Wu



Tim Teahan



Belinda McLaughlin



Pavitra Thapa

The who's who at camp