



# MERCY COLLEGE MACKAY

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3 May, 2019

Parents/Guardians:

## Year 7 Outdoor Educational Experience & Retreat Days: 5 – 7 June 2019

From Wednesday 5 June until Friday 7 June your child will have the opportunity for self-reflection and to develop stronger friendships during their annual Outdoor Educational Experience and Retreat Program.

All Year 7 students will participate in an overnight camp and outdoor education activities, with the female students camping at Kinchant Outdoor Education on Wednesday 5 June and the male students on Thursday 6 June. The objective of all activities whilst at the camp, is to support students to further develop and enhance their physical and social skills, self-control and confidence.

On the alternate day, either the Thursday or Friday, students will be involved in a Retreat experience. Retreat activities will assist students to personally reflect on how they belong to a community, in particular the Mercy College community, and engage in building stronger friendships with those around them.

Year 7 students - GIRLS	
5 June	Normal classes – Periods 1 – 3 (Girls will move to the hall at 12.20pm)
<b>12.50 pm</b>	Depart to Kinchant Outdoor Education Centre
6 June	<b>Outdoor Education activities</b>
<b>1:30pm</b>	Depart Kinchant Outdoor Education Centre
<b>3pm</b>	Return home as per usual
7 June	<b>Retreat day</b> – Ocean International, arrive at school as per usual.
<b>8.45am</b>	Depart to Ocean International
<b>2.45pm</b>	Arrive at Mercy College Hall

Students are to wear free dress, however, please familiarise yourself with the **'free dress'** guidelines in the Student Diary on page 6/7. Clothing must be appropriate for outdoor activities and the wearing of a harness, i.e. long shorts with sleeved shirts and collars. On Wednesday 5 June students will have normal classes for Periods 1-3 and will need to be adequately prepared.

The cost of the Camp and Retreat are covered through the General Purpose Levy and includes transport, accommodation and meals for the duration of the Camp and Retreat. Lunch will need to be brought to school or purchased from the tuckshop on the Wednesday.

Please complete the Medical Information (2 pages) and High Risk Activity Permission (1 page), returning them to the Office by Wednesday 8 May 2019, and make contact if details change after returning said forms. Also attached you will find the details as to what students must bring.

While on Camp and Retreat all College expectations apply and if students fail to meet these expectations, parents may be required to collect their child from either venue. Should you need to contact your child or a staff member whilst on camp, please do so via the **College mobile, 0448 984 936**.

We look forward to a positive Camp and Retreat experience for your child.

Regards

Mrs Adrienne Mifsud  
Acting Assistant Principal Mission

Mr Jim Ford  
Principal



# MERCY COLLEGE MACKAY

## MEDICAL INFORMATION - Year 7 Overnight Education Experience and Retreat

STUDENT'S NAME: \_\_\_\_\_ HOMEROOM \_\_\_\_\_

MEDICARE CARD NUMBER: \_\_\_\_\_ HOUSE \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

Please indicate if your daughter/son is subject to any of the medical conditions listed below, as this information is essential for excursions/trips.

**Please contact the College Office immediately should any of the above information alter.**

HEALTH PROBLEMS	DETAILS	COMMENTS
Heart Problems	Yes / No	
Respiratory Problems	Yes / No	Illness: Medication required: Notations:
Allergies	Yes / No	Reaction to: Medication required: Notations:
Anxiety	Yes / No	Details:
Blood Pressure	Yes / No	
Travel Sickness	Yes / No	
Operations	Yes / No	
Epilepsy	Yes / No	
Recent Illness	Yes / No	
Injections    Tetanus	Yes / No	Year of injection:
Hepatitis B	Yes / No	Year of injection:
Other	Yes / No	Year of injection:
Allergic Drug Reactions(eg Penicillin etc)	Yes / No	
Phobias	Yes / No	
Other illness	Yes / No	Details: Medication required: Notations:
Other Concerns regarding overnight stay <i>Please contact the College if you would like to discuss further</i>	Yes / No	Details:

SPECIAL DIETARY REQUIREMENTS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

MEDICATION STUDENT IS CURRENTLY TAKING: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

EMERGENCY CONTACT 1: NAME: \_\_\_\_\_  
PHONE: (H) \_\_\_\_\_ (B) \_\_\_\_\_ (M) \_\_\_\_\_

EMERGENCY CONTACT 2: NAME: \_\_\_\_\_  
PHONE: (H) \_\_\_\_\_ (B) \_\_\_\_\_ (M) \_\_\_\_\_

PREFERRED HOSPITAL - Mackay Base Hospital / Mater Hospital / either (please circle)

I \_\_\_\_\_ (parent/guardian) of \_\_\_\_\_ Homeroom \_\_\_\_\_ permit Mercy College staff to administer Panadol to my child **whilst he/she is on an excursion/trip out of the school grounds**, should it be required. I agree to delegate my authority to the teachers involved and I also authorise the teachers to obtain medical assistance which they deem necessary should an accident occur, and agree to pay all medical expenses incurred on behalf of the above student.

I further authorise qualified practitioners to administer anaesthetic if such an eventuality arises.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

PLEASE COMPLETE ALL SECTIONS OF THIS FORM AND RETURN TO THE OFFICE BY WEDNESDAY 8 MAY 2019

**What to bring?** Old clothes (do not bring anything that can be ruined). Do not purchase or expect your parents to purchase clothes especially for the Retreat. **THIS IS NOT A FASHION/DESIGN COMPETITION!** A suggested list of what to bring is detailed below:



- Writing material (pen and pencil)
- Hat (with a wide brim)
- Sunscreen
- Water-bottle

The above items need to be in a separate small carry bag

- Plate, bowl, cup, cutlery and a tea towel
- 1 small carry bag
- Sleeping bag
- Pillow and pillowcase
- Pyjamas
- Jumper/warm clothing
- Toiletries
- Towel
- Polo shirts (no singlet tops or midriffs, must have sleeves and collars)
- Shorts (no short shorts due to safety harnesses)
- Underwear
- An extra set of dry clothes in case of rain
- Thongs for showers only
- Shoes
- Socks
- Torch
- Labelled Medicines (pharmaceutical label required as well as a form giving permission to administer – available from the office)
- Roll-on deodorant and insect repellent.



**DO NOT BRING:**

- Mobile phones (there is no coverage)
- Electronic devices e.g. ipods, iPad's, etc.
- Jewellery
- Aerosol cans (this includes deodorants)

Tent groups will take into consideration student preferences, as will be discussed in the following weeks. Please, do not request changes be made to these assigned groupings.

## **PARENTAL PERMISSION FORM**

### **HIGH RISK ROPE ACTIVITIES**

**Abseiling / Climbing / Flying Fox / High Ropes / G-Swing / Team Tower / High Challenge / Possum Glider**

### **HIGH RISK WATER ACTIVITIES**

**Biscuiting / Wind Surfing / Canoeing / Kayaking**

One or all of the above activities will be undertaken on camp in order to promote personal development through the accepting of a challenge. It will also assist interpersonal development in that your son/daughter/ward, under direct supervision from Centre instructors, will be assisting with the maintenance of a high standard of safety for fellow students as they participate.

### **HIGH RISK ROPE ACTIVITIES**

Harness, helmets and safety ropes are utilized (in addition to the abseiling rope which is controlled by your son/daughter/ward). Even if a student should fall, the separate safety rope, tied to different attachment points on the harness, and controlled by another person (belayer), can stop the fall through the use of a braking device, and then lower the person under control to the ground.

Instructors from this Centre have been conducting abseiling/climbing/flying fox/high ropes activities since 1989 with NO incidents. Log books are maintained for relevant equipment items such as ropes, and for staff experience. We utilize the same equipment your child will be using and we are mindful of our duty of care.

### **HIGH RISK WATER ACTIVITIES**

Water Activities are undertaken using the strictest safety guidelines following Education Queensland guidelines, Best Industry Practice and full KOEC Risk Assessment procedures. Instructors are qualified holders of current First Aid Certification and hold the appropriate Marine Qualifications. Life Vests are a requirement of any student participating in these activities.

It is our Department's responsibility under duty of care to inform you that High Risk Activities are to take place during the camp. Because these activities are potentially life-threatening, your approval is sought to enable your son/daughter/ward to participate.

A specific safety brief is conducted prior to the activity. This deals with safety in general, equipment, behaviour, location, terminology and technique.

I, \_\_\_\_\_ hereby approve of my son / daughter / ward's participation in the High Risk activities.

I acknowledge that the Department of Education, Training and the Arts does not have Personal Accident Insurance cover for students.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date