



OUR REF: JCT/LJL

9 October 2018

Dear Parent/Guardian

### **Re: Grade 7 Maria Island Camp 2018 – Information for Students and Parents**

The Maria Island Camp is a very special part of the Launceston Church Grammar School curriculum. Its long established tradition of bringing students, teachers, parents and the Outdoor Education staff together provides an opportunity to develop independence, personal and group skills and resilience. It has a diverse range of flora, fauna and landscapes, and is an ideal location for this extended camp.

This year the School celebrates its 55<sup>th</sup> consecutive year of running the Maria Island Camp. Whilst the activities and structure of trip have changed over the years, the core objectives have been very consistent.

#### **Camp Aims**

- To foster aspects of teamwork (such as co-operation, consideration and communication) through an extended camping programme and associated activities.
- To extend the academic classroom into the environment.
- To develop an awareness of, and appreciation of, the natural environment.
- To develop outdoor recreation skills.

#### **Dates**

The trip starts at the Grade 7 Log Cabin on Friday 26 October and concludes at the Log Cabin on Thursday 1 November. The drop off and pick up times will be the same for all students no matter what group they have been allocated to. Students will be notified of their camp group at school. Please see the **Getting There and Getting Home** section of this letter for further details.

#### **Altered return time from Camp**

On occasions, camps are forced to come home early or are delayed in their return. In the event of severe weather or other extenuating circumstances leading to the alteration of pick-up times, parents will be sent a **Push Notification** through the **Skoolbag App** to advise of any changes, hence if there is no **Alert** posted on the Skoolbag App it is to be assumed all times outlined in this letter are correct.

### **Getting There – Friday 26 October**

- 7.30am Meet at Grade 7 Log Cabin Area
- 8.00am Leave for Triabunna
- 11.15am Arrive at Triabunna and commence loading/packing
- 12.00pm Ferry will leave from Triabunna towards Maria Island

Parents travelling down by private vehicle may transport their own children only, although this needs to be pre-arranged with Jacquie Bourne (Grade 7 Coordinator).

### **Getting Home - Thursday 1 November**

- 11.15am Ferry leaves Maria Island
- 12.00pm Students will disembark Ferry at Triabunna
- 12.20pm Buses will leave Triabunna
- 3.45pm Students will be available for pick up at Grade 7 Log Cabin Area

Parents returning by private vehicle may transport their own children only, although this needs to be pre-arranged with Jacquie Bourne (Grade 7 Coordinator).

### **General Logistics of the Camp**

The grade has been divided into five camp groups (A, B, C, D and E) of approximately 20 students per group. A member of the Outdoor Education Department, a Grade 7 Teacher and two parents supervise each group.

The students will spend six nights in tents; four at Darlington, and two at the southern end of the Island at either Encampment Cove or French's Farm. Students and staff will prepare and cook their own meals, using Trangia™ stoves which students learned to use on the Fingal Valley camp earlier in the year.

### **Activities**

#### Bushwalks

As there are no public vehicles allowed on Maria Island, walking is one of the best ways to travel around the island. A member of the Outdoor Education Department staff will accompany the students on their walks, along with Grade 7 staff and parents.

Walks this year will include:

1. A walk and scramble to the summit of Bishop and Clerk. This walk has magnificent views. It is a 5 - 6 hour return trip and the track is steep and rocky in places. Students carry only a daypack with raincoat, water and lunch.
2. Darlington to French's Farm or Encampment Cove and return. The students will walk to one of these sites, camp there for 2 nights and walk back to Darlington. The walking times are about 4 - 5 hours each way. This is a reasonably flat walk along a 4WD road, beaches and some bush. The students will carry their backpacks with some of their belongings, their share of the tent, some food and other camping items such as a stove or fuel bottle. Their packs will weigh about 10-12 kg. Students will be able to leave excess luggage in their spare bag at Darlington for this section of the trip

#### Natural History, Indigenous and Colonial History

Students will spend a number of lessons at school (prior to and post camp) on the history, geology, fauna and flora of this island. While at Darlington, time will be spent studying the many different fossils and rock structures, as well as following a history of human relationships with the area (indigenous and colonial history) and through to the area being used as a National Park.

A study will also be made of the many different species of fauna, and the creation of the present landforms. This work is directly related to the Grade 7 curriculum.

### Swimming

Although this is not a timetabled activity, there will be plenty of opportunity for this to take place. Swimming will be a supervised activity where students will be expected to follow safety guidelines.

### Navigation

This activity is aimed at developing independence. It takes place at Darlington and Encampment Cove. Students will be in small groups of 3 to 4, and use a map to find their way around the course. The progress of the group will be closely monitored, but the children are on their own for up to an hour. They are briefed with regards to injury or getting lost. Parents can help us considerably by ensuring that their child has an emergency whistle (available at outdoor shops) and a roller bandage.

### **Personal Hygiene**

Toilets at Darlington are normal flushing types with hand basins. At Encampment Cove and French's Farm there are composting toilets ("long-drops"). Antibacterial hand gel will be available for hand washing. There are showers available on the island at Darlington which students may generally use once during their stay. The showers require a \$1.00 coin for two minutes. Students are encouraged to recognise that water is a precious resource on the island and that they should keep showers brief.

Students will be responsible for their share in keeping the toilet block clean. Each group will clean the toilet block on at least one occasion throughout the week.

### **Water**

Students attending this camp will be accessing drinking water from rainwater tanks. Standard hygiene procedures will be followed but students may choose to bring their own treatment tablets e.g. iodine if they have concerns.

### **First Aid**

All Outdoor Education Staff are qualified in Remote Area First Aid. We carry comprehensive First Aid kits, mobile phones and satellite phones if required. Despite this, we are still somewhat isolated and a delay of up to 3 hours could be expected before professional medical help arrives in the event of an emergency. It is important for parents to consider this before signing the attached Agreement and Indemnity Form.

### **Costs**

There are no associated costs with this trip apart from any personal equipment that a student may wish to hire from the School. Please see the equipment list (attached) for further details.

### **Suggested Equipment**

Please read the attached list carefully. Multi-day trips always present a challenge as we will need to pack all essential equipment but keeps the backpack as light as possible. Electronic devices such as mobile phones, music players, handheld games, etc., should not be taken on camp.

### **Outdoor Retailers - Discounts**

**Macpac** and **Aspire** have a discount for students of Launceston Church Grammar School. Print off a copy of the attached equipment list (as proof that your child is a student of the School going on camp) and take it to the relevant store in Launceston.

**Macpac** is located in the Kingsway. There, your child is entitled to a minimum of 30% discount off any Macpac branded clothing or equipment and a minimum of 15% off any other brands in store all year round.

**Aspire** is located in York St. There, your child is entitled to 20% off many of the items in the store.

If you have any questions concerning appropriate equipment, please don't hesitate to contact the Outdoor Education Department at the School.

### **Equipment Hire**

Some items on the gear list (those denoted with an asterisk) can be hired from the School for the following amount:

- Tent                    \$15.00 per person
- Backpack            \$15.00
- Sleeping Mat        \$4.00
- Sleeping Bag        \$10.00
- Raincoat             \$10.00
- Overtrousers        \$10.00

### **Lunches on the First and Last Day**

We ask that parents provide students with a packed lunch and drink in a **lunch box** on the first day of the trip. The lunch box will be used through the remainder of the trip. On the final day, students will have an opportunity to purchase lunch or snacks on the way home, so we ask that parents provide a **small amount of money** for this.

### **Food and Dietary Concerns**

We cater for a wide range of students as they attend our programs, and make adjustments to meal plans when necessary. As part of our risk management we do our best to eliminate certain types of food from camp. This helps to ensure that students who are highly allergic to those food items do not come into contact with them.

This can be compromised when students bring items such as nuts, muesli bars or sandwiches containing peanut butter for their lunch and snacks. We take this opportunity to remind parents that there is no need to pack extra snacks for the entire week, and indeed may place other students in danger.

We appreciate your support in this matter.

### **Risk**

Student safety is our first and foremost priority. At all times outdoor activity is run by qualified and experienced staff, and is conducted within the guidelines set down by state or national associations governing these activities. There is, however, an inherent degree of risk with all outdoor education programmes. Indeed, one of the overarching objectives of outdoor education at Launceston Church Grammar School is for students to consider risk (real or perceived) when they make decisions concerning themselves or others. It is therefore not possible or desirable to eliminate risk from our programme. Any parent wishing to discuss the health and safety of their child whilst on outdoor education programme is most welcome to arrange an appointment with the Outdoor Education Department through the School.

Our experiences of taking school-aged children in to an outdoor setting have shown that most problems are not caused by accidents, but arise from existing medical conditions. For this reason we

ask that you please ensure that your child's medical and dietary information is correct and up to date.

### **Indemnity and Medical Forms**

Please read and sign the attached indemnity form and return it to the School to indicate that you have read all the information and give permission for your child to attend the camp.

We require the most accurate and up to date medical information and swimming ability for students while we are on camp. In order to update these details please use the Parent Lounge feature on our website <https://tass-web.lcgs.tas.edu.au/parentlounge/login.cfm>.

If any students are required to take any medication on camp, they must have a signed letter from their doctor authorising staff to administer this. The letter and medication must be handed to staff at the start of the camp.

Should you require additional information regarding the camp or wish to discuss medical or other information regarding your son/daughter please contact me at school on 03 6336 6000 or at [jtait@lcgs.tas.edu.au](mailto:jtait@lcgs.tas.edu.au).

Yours sincerely

A handwritten signature in black ink, appearing to read 'J. Tait', with a horizontal line extending from the end of the signature.

Jennifer Tait  
**Head of Outdoor Education**

## Launceston Church Grammar School Gear List - Maria Island

### Equipment (\* denotes equipment that can be hired off the School)

- Tent\*: 2-3 person, lightweight (<3kg) hike tent (has to be carried between north and south of the island). Large tents (>3 person) are not appropriate for this type of camp.
- Backpack\*: about 70 litre capacity with adjustable frame to suit student's back. No external frame packs or travel packs please.
- Sleeping Bag\*: warm but not too bulky.
- Sleeping Mat\*: lightweight inflatable mat or camp foam mat
- Small day pack (20-30 litre capacity)
- Wooden spoon, mug, plate, bowl, knife, cutlery and 2x tea towel (all in cloth bag and named)
- Water bottle/s (2 litre carrying capacity)
- **Lunch Box** (containing a packed lunch for the first day of the trip)
- Whistle and a roller bandage (essential item of safety equipment)
- 2 large "garden-style" garbage bags & other spare plastic bags (for keeping gear dry)
- Headtorch with spare batteries
- Toiletries (just the essentials). **NO deodorant aerosols** (they damage tents and trigger asthma with some students) – use roll-on deodorant only.
- Sunscreen and possibly lip balm spf15+
- Mosquito repellent. No aerosols
- Small, lightweight towel (no beach towels)
- Camera & reading book (both optional)
- Medications for asthma & allergic reactions if normally required
- Lunch money for final day

### Clothing

- Rain Coat\*: Gore-tex or equivalent. **MUST** have a hood and without a cotton/flannelette lining (a nylon spray jacket is NOT sufficient). Must not be a heavy oil-skin jacket.
- Rain trousers\*
- 2 pairs light tracksuit pants
- 2 pairs shorts (mid-thigh length minimum)
- 1 shirt WITH collar (for protection from the sun)
- 2 T-shirts (not strappy tops or singlets please)
- Bathers
- Underwear and socks for 7 days
- Thermal top and bottom
- 2 pairs sandshoes OR 1 pair boots & 1 pair sandshoes
- Sandals/flip flops
- 3-4 pairs socks (including long explorer type suitable for bushwalking)
- 2 warm woolen jumpers / polar fleece (not cotton)
- Sun hat (broad brimmed style - not peak cap) and a Beanie (woolen or fleece)
- Clothes to sleep in

### DO NOT BRING

- NO fixed blade knives or similar dangerous items. If a student brings an appropriate camping knife, it is strictly to be used at meal times only.
- NO mp3s, iPods, iPads, eBooks, radios, mobile phones, laser lights etc.
- Students must **NOT** bring lollies or snacks for the week with them. We ask for parent support on this matter.