

Year 10 Pass Camp

Excursion INFORMATION

Please complete and return the attached consent form to the administration office by the Friday 14 November.

Dear parent/guardian,

- Year 10 PASS students will be participating in a camp at Bonnie Vale camping ground on Wednesday 3 December 2025 to Friday 5 December 2025. This activity has been planned provide students with In depth sport studies and recreational sports experiences.
- **Cost:** The cost of the camp is **\$80 per student** which is to be paid to the administration office by Friday 14 November.
- **Travel to and from camp:** If travelling to and from the camp with supervising teacher by public transport(walking, train and ferry -students require opal card), students will depart from GyMEA Technology High School on Wednesday 3 December at 8:30 AM and return to GyMEA Technology High School at 3:00 PM on Friday 5 December. Alternatively, parents can drop off at 10:00 am and pick up their child at 10:00 am directly from the Bonnie Vale Camp site. Please confirm your child's travel arrangements on the attached consent.
- Neat Casual, clothing and enclosed shoes must be worn during the camp. Please see attached list for items needed for the overnight stay and safe participation in the planned activities.
- **Activities:** The camp will involve the following water or swimming activities: Swimming, Kayaking and paddle Boarding, fishing all in still and enclosed waters. These activities will take place at Port Hacking River at Bonnie Vale in the Royal National Park. All students involved in paddle boarding will be wearing supplied personal flotation devices. All students involved in swimming activities must be able to swim 200m.
- **Gear List:** The attached gear list outlines all items the students will need to bring for the camp. This includes both individual equipment and shared group items required for activities and participation.
- **Food:** Students will be preparing and cooking their own meals during the camp and must bring sufficient food and water for the duration. Please refer to the attached recommended food list for guidance on what to pack.
- Accompanying staff are: J.Wilson, A.Hondronikolas. The contact number during the camp is 9521 3244.



J.Wilson
Teacher



Mr P.Marsh
Principal

Permission Note for Year 10 Pass Camp on Wednesday 3 December 2025

Please complete and return this consent form to the administration office by the Friday 14 November.

CONSENT

I hereby consent to in Year participation in the camp at to Bonnie Vale camping ground on Wednesday 3 December 2025 to Friday 5 December 2025.

SPECIAL NEEDS

Special needs of my child which you should be aware (eg. allergies, medication - please provide full details)

TRAVEL TO AND FROM CAMP

Please indicate your child's travel arrangements to and from the camp:

Parent Transport: Parent will drop off and collect student directly from the Bonnie Vale Camp Site

Signature of Parent/Guardian

Public transport with supervising teacher: Student will meet supervising teacher at school and travel to the Bonnie Vale Camp Site using public transport (walk to station, train, ferry, walk to camp site)

Signature of Parent/Guardian

MEDICAL

I give permission for my child to receive medical treatment in case of emergency. YES / NO (please circle)

SWIMMING

In relation to the proposed water or swimming activities, I advise that my child is a: (please tick one)

strong swimmer average swimmer poor swimmer

non-swimmer - I not give permission for my child to participate in th ewater or swimming activities

Signature of Parent/Guardian

Name of Parent/Guardian

Date

Privacy Advice

The information provided on this consent form by the parent or caregiver is being obtained for the purpose of conducting a school excursion detailed above. It will be used by the NSW Department of Education for seeking consent for the child to undertake activities within this excursion activity. Provision of this information is required by law / voluntary. It will be stored securely. You may correct any personal information provided at any time by contacting the school on 9521 3244

PAYMENT

Payment for Year 10 Pass Camp. Student Name: _____

I have made a payment online of \$80 for this excursion.

For online payments please go to the school's website at <https://gymeaths.nsw.edu.au> to pay through schoolbytes.

Choose Payments and then choose the selected excursion from other items.

PASS Camp Amount: **\$80**

I have made a payment at the school office of \$80 for this excursion. (Payment made by cash or card)

MEDICAL INFORMATION FORM

Medical Information Form

Privacy Advice

- The information provided on this consent form by the parent or caregiver is being obtained for the purpose of conducting a school excursion to **Bonnie Vale camping ground on Wednesday, December 3, 2025**
- It will be used by the NSW Department of Education for seeking consent for the child to undertake activities within this excursion activity.
- Provision of this information is required by law / voluntary. It will be stored securely.
- You may correct any personal information provided at any time by contacting J.Wilson.

Student Name: Class:

Parent or Caregiver Contact Details

Name: Address:

Home Phone: Work: Mobile:

Doctor Contact Details

Name: Address:

Doctors Phone:

Emergency Contact(s) details (nominated by the parent or caregiver as alternate contact)

1. Name: Phone:

2. Name: Phone:

List existing medical conditions or illness (including asthma, diabetes, epilepsy, allergies, recent injuries etc). Outline the treatment for each.

1. Allergies: (medications, food etc): YES / NO (Please circle)

Details including action plans:

2. Recent Injuries: YES / NO (Please circle)

Details:

3. Illnesses: YES / NO (Please circle)

Details including medication:

4. Other medical conditions:

YES / NO (Please circle)

Details:

Outline special dietary needs including possible reaction to inappropriate diet

- | | |
|---|---|
| <input type="checkbox"/> None to report | <input type="checkbox"/> No Pork |
| <input type="checkbox"/> Egg Free | <input type="checkbox"/> Nut Free |
| <input type="checkbox"/> Gluten/Wheat Free | <input type="checkbox"/> Shellfish Free |
| <input type="checkbox"/> Halal | <input type="checkbox"/> Vegan |
| <input type="checkbox"/> Lactose/Dairy Free | <input type="checkbox"/> Vegetarian |
| <input type="checkbox"/> No Beef | <input type="checkbox"/> Other: |

Medication(s) to be administered during the excursion. Include name of medication, instructions for administration, time of administration, and any possible reactions.

In the event that your child should need medical attention, it would assist if you could supply the relevant health information

Medicare Number: Health Care Number:

Signature: Date:

Please return this form to Gynea Technology High School by: Friday, November 14, 2025.

Camp Individual

Mess kit (tea towel, plates, cup, bowl, knife, fork & spoon)	Insect repellent
Water Bottle Rain coat Hat/cap Sleeping bag/Sleeping mat Sunscreen After sun lotion Day pack (small bag) Torch Bath towel Beach Towel and swimmers Camera Optional Tissues Plastic Bag for water clothes or Towels Garbage bags for rubbish	Aqua shoes or Crocs for water activities Thongs (only for to and from the shower) 3 T-shirts needed 3 set underwear 3 pair shorts 1 pair track pants 1 sloppy joe/ windcheater 3 pair socks Camp Chair Water bottle

Group Camp Check List

Tent Esky Cooking equipment pots frying pan Webber, camping stove Gas (no wood or heat beads) Table Cleaning tub (washing up liquid) cleaning equipment Food Who is bring what	Who bring what
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Day 1 – Arrival & Dinner

Lunch (packed on arrival or on the way)

- Sandwich/wrap with canned tuna + mayo or & jam
- Apple or banana
- Crackers or granola bar
- Water

Dinner (BBQ)

- BBQ sausages or pre-cooked chicken (long-life if possible)
- Corn on the cob (can store in a cooler for a day)
- Wraps or bread
- Salad: cucumber, capsicum, carrot sticks (eat fresh first night)
- Water or juice

Snack (evening)

- muesli bar
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Day 2 – Full Day at Camp

Breakfast

- Instant porridge with dried fruit or honey
- Long-life milk or powdered milk
- Water

Lunch

- Wraps with canned beans, cheese slices, and BBQ sauce
- Carrot/cucumber sticks
- Apple or orange
- Crackers or rice cakes
- Water

Dinner (BBQ)

- BBQ kebabs: canned chicken or long-life sausages with capsicum, onion, and cherry tomatoes
- Instant couscous or pre-cooked pasta
- Optional: drizzle with olive oil or spices
- Water

Snack (evening)

- Popcorn or rice crackers
 - Dried fruit
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Day 3 – Departure

Breakfast

- Muesli or granola with powdered milk or long-life milk
- Banana or canned fruit
- Water

Lunch (packed for journey)

- Sandwich/wrap jam or canned tuna
 - Crackers
 - dried fruit
 - Water
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Additional Tips

- Pre-portion snacks for each day to avoid carrying too much.
- Keep fruit and vegetables in a cooler bag if possible; eat the most perishable items first.
- Encourage students to clean up BBQ areas and pack out all rubbish.
- Some students are allergic to nuts but all students should be aware of allergies
- Keep your cooking and utensils clean

1. Foods to Avoid Due to Allergies

- **Peanuts and tree nuts** (including peanut butter, nut bars, and nut spreads) – common severe allergies.
- **Shellfish and seafood** (like prawns, crab, oysters) – high allergy risk and spoil quickly.
- **Milk or dairy products** (cheese, cream, yogurt) if students have lactose intolerance or milk allergies – better to use long-life or plant-based alternatives.
- **Eggs** if not fully cooked or stored properly – risk of allergy and foodborne illness.
- **Soy products** if any students have soy allergies.

Tip: Always check **all ingredients on packaged foods**.

2. Foods That Spoil Easily

- Fresh meat (raw beef, chicken, pork) unless in a cooler with ice.
 - Fresh fish or seafood.
 - Soft cheeses (cream cheese, feta, brie) – can go bad quickly without refrigeration.
 - Pre-cut fresh vegetables or salads that can't be stored safely.
 - Cream-based sauces or dips.
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3. Foods That Are Unsafe for Camp Preparation

- Foods requiring frying or complex cooking (risk of burns or fire hazards).
 - Foods with alcohol or caffeinated energy drinks (not suitable for underage students).
 - Raw dough or batter that contains uncooked eggs.
 - Foods that produce dangerous fumes or require open flames indoors.
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4. Other General Safety Considerations

- Avoid sugary drinks in glass bottles (breakage hazard).
- Avoid foods with high choking risk for younger students (whole nuts, hard candies).
- Avoid foods with excessive oil or grease for BBQ (risk of flare-ups).

