

Stage 3 Camp 2023 Canberra



Wednesday 21 June
Thursday 22 June
Friday 23 June



CHECK LIST



- Signed and returned permission note
- Signed and returned medical form
- Signed and returned asthma action form (required for asthmatics)
- Medication in a snap lock bag in original packaging with name clearly marked, dosage and time to be given. Please hand to MRS PETTIFORD (if required) on day of excursion
- Packed items on the list
- Everything labelled
- Have information pack at hand to know the time to drop off and pick up students
- Download Wyoming Public School (free) app and enable push notifications for updates on return-to-school timing
- Recess and lunch for the first day
- A drink bottle that can be refilled
- Day bag packed with all the items you need during the day (including Day 1 recess and lunch)
- Hat

GENERAL INFORMATION

NOTES TO BE RETURNED:

- ☞ Medical Permission Form and Permission note to be returned by Friday 2 June 2023.
- ☞ Students without either of these will not be allowed on the excursion.

SCHOOL ARRIVAL AND DEPARTURE TIMES:

- ☞ Ensure you have the (free) Wyoming Public School app on your phone. Return time updates will be sent as a push notifications
- ☞ Arrive at school at 6:10am Wednesday 21 June
 - student hands any medications to Mrs Pettiford
 - reports to class teacher to mark roll
 - boards bus
- ☞ Departure time: 6:30am Wednesday 21 June
 - buses will not wait for late students as venues in Canberra operate to strict timetables
- ☞ Return to school: approximately 4pm Friday 23 June

ADULTS ATTENDING:

Mrs Lenton, Mrs Rogers, Ms Evans, Mr Walter, Ms Loaney and Mrs Pettiford

ACCOMMODATION:

Gold Creek Tourist Resort, Gold Creek Village, O'Hanlon Place, Nicholls



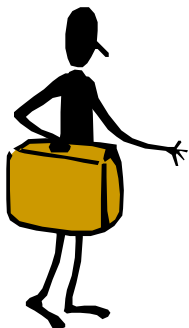
PHONE NUMBERS:

If there is an emergency and you have to contact your child then please phone the school and they will contact us (we have mobiles and the drivers have radio contact with the depot).

HOMESICK:

Be positive and have confidence in your kids. We do. If you feel that urge just to ring and check on them, stop. Remember that if they have any problems we will ring you. If you ring, then that is when they will become homesick. This is a great time for them to develop confidence and a bit of independence. If you don't hear from us then you know they are having a ball. Students are not allowed mobile phones or watches which have phone capabilities (messaging, photos etc).

PACKING:



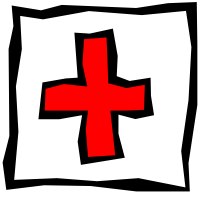
When packing for the excursion please remember that the students must be able to carry their bag. (Bags must be carried up stairs and possibly a distance from the coach). It is recommended that students bring a day bag to take on the bus to keep their personal items in. Please do not send any valuables. Students are responsible for any money, cameras, jewellery etc brought on camp.

The accommodation venue will provide all linen. A small pillow for the bus does make it comfy. **A refillable drink bottle is essential.** Please note that the students do not need their school uniform.

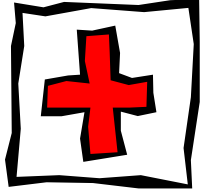
TRAVELLING HINT:

PLEASE DO NOT GIVE YOUR CHILDREN ANYTHING WITH MILK OR ORANGE JUICE IN IT FOR BREAKFAST.

Over the past years we have noticed that most children who are sick have had these for breakfast. Please avoid these even if your children have never suffered from travel sickness.



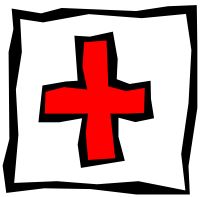
MEDICATION IN GENERAL



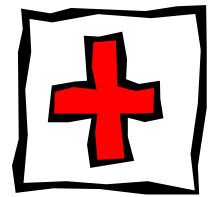
Medication includes lotions, mixtures, nasal sprays, tablets and drops (nose, ear and eye). It includes all medication whether it is prescribed, over the counter or natural.

If your child suffers from travel sickness, please give them the appropriate medication before they come to school. If they require further doses during the excursion then the medication must be handed to **MRS PETTIFORD** with an explaining note (with your name printed, signed and dated).

Under no circumstances will any child be allowed to keep or take medication of any sort on the trip without the medical consent form being filled out and the medications given to **MRS PETTIFORD**. This includes Paracetamol. Please make sure the form is filled out correctly and the medications handed in. At the end of the excursion please come to **MRS PETTIFORD** and collect all medications. Remember that if your child has been sick just before the excursion and has just been placed on medication then you will need to provide a signed written outline of the doses and times given in the original packaging from the chemist. Put this original medication package in a labelled snap lock plastic bag and hand to **MRS PETTIFORD** on the day of departure.



MEDICATION PROCEDURE



All medication must be in a labelled snap lock plastic bag in its original packaging from the chemist which states child's name and dosage instructions. Medications cannot be prepacked (eg webster packs), even by the chemist.

The snap lock bag must include:

- ☞ The medication in all original packaging, clearly stating the child's name.
- ☞ A written explanation of dosages and times to be given (**SIGNED**).
- ☞ Any other relevant details.

Medication is to be given to **MRS PETTIFORD** on the morning of the excursion. This includes travel sickness tablets and paracetamol. Collect medication from **MRS PETTIFORD** at the end of the excursion.

ITINERARY

DAY 1

Wednesday 21 June

6:30am Depart School

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Geoscience

Electoral Education (Old Parliament House)

Dinner at Gold Creek Tourist Resort

Activities Room @ Gold Creek

DAY 2

Thursday 22 June

Parliament House (tour and education)

National Museum

War Memorial

Dinner at Gold Creek Tourist Resort

Questacon (night visit)

DAY 3

Friday 23 June

Australian Institute of Sport (AIS)

Royal Australian Mint

12:30pm Depart Canberra

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*Stay up to date on travel progress via (free) Wyoming Public School app –
ensure push notifications are enabled*

SCHOOL PHONE NUMBER: 4325 2181

CANBERRA EXCURSION

PACKING CHECK LIST:

STUDENTS WILL NEED TO BE ABLE TO PACK THEIR OWN BAG AND CARRY IT THEMSELVES



- 3 pairs of underwear
- Spare pair of shoes if available
- 2 long sleeve shirts
- 1 jacket/parka
- Pyjamas
- Sunglasses (optional)
- Morning tea and lunch – **food and drink for Wednesday** (they will not be able to buy lunch or recess)
- Plastic bags for dirty clothes
- Beanie
- \$40 limit on spending money



- 3 pairs of socks
- 3 t-shirts or singlets
- 2-3 jumpers
- 2 pairs of long pants
- Water bottle
- Sunscreen
- Toiletry bag with toothbrush, toothpaste, soap, shampoo, brush or comb, lip balm
- Sunscreen
- Hat
- Book for reading/pack of cards (optional)



**STUDENTS ARE RESPONSIBLE FOR ANY MONEY OR ITEMS OF VALUE
BROUGHT ON CAMP**

**STUDENTS ARE NOT TO BRING ELECTRONIC DEVICES –
GAMES, iPADS/TABLETS, MOBILE PHONES ETC. SMART
WATCHES/WATCHES WITH MESSAGING OR PHOTO CAPABILITY ARE
NOT PERMITTED**

STUDENTS ARE NOT ALLOWED TO EAT/DRINK ON THE BUS