



# CARMEL

ADVENTIST COLLEGE

## YEAR 9 ASPIRE PROGRAMME – Cape to Cape Week Hike Camp Information Letter

Dates: Monday, 29<sup>th</sup> April – Friday, 3<sup>rd</sup> May

Dear Year 9 Parents and Guardians,

This letter is to provide you with some key information about the upcoming Year 9 Camp. We will have two key groups: A Base Camp Group and an Expedition Group.

Most students will be camping at Contos near Margaret River and doing day hikes along the Cape to Cape track. The Expedition group will start hiking at Cape Naturaliste and camp at different spots along the Cape to Cape track.

### Aims of trip:

*Academic - To develop skills and strategies for effective leadership, including teamwork.*

*Spiritual - opportunity to worship together / reflection alone, appreciate nature and God's creation, focus on school values of integrity, teamwork, responsibility, compassion/kindness, humility*

*Social/Emotional - opportunity to build positive memories and stronger relationships with each other, and to continue to develop resilience and confidence in the students.*

*Physical - opportunity to enjoy exercising together.*

### Name of staff member in charge:

- Expedition Group: Shannon Smoker
- Base Camp Group: Adam Di Rosso

**Other staff attending:** Amitha Narlapati, Carolyn Frisby, Charlie Howard, Suresh Narlapati, Brad Flynn, Luke Duncan, Miranda Leijser

**Volunteers:** Emily Green, Travis Creusot

**Venue:** Conto Campsite, Conto Rd, Boranup WA 6286.

**Costs:** Students will need to bring their own food. All other activities, camp fees, transport is covered by the Year 9 Budget. The College will provide a BBQ lunch on Friday afternoon.

**Activities planned:** In addition to hiking along the northern half of the Cape-to-Cape track, students will have the opportunity to swim at some of the beautiful beaches along the south-west coast.

**Item Checklist:** A list of items for the students to bring is listed below. Carmel will provide a tent, tranguia and sleeping mat if required. Students may bring their own small cooker if they have one.

**Important Information:** Please note that **NO electronic devices or phones are permitted on the camp.** Please ensure your son/daughter leaves these items with you or in the school safe.

**Contacts:** If you wish to contact a student while we are away, please call or SMS:

- Expedition Group: Shannon on 0413 530 363
- Base Camp: Adam on 0417 928 265

**Backpacks:** Expedition students will need to pack **all** their items, including food, in the school issued backpack. All items are carried by the student each day. Expedition students have been told to bring an extra back pack with spare clothes and 1 x dinner and 1 x breakfast that can remain at base camp for their arrival on Thursday evening.

Base Camp students do not have to carry all their gear for the day hikes. Instead, they can choose to challenge themselves and carry up to 20% of their body weight for day hikes. As a minimum, they will need to carry a small personal first aid kit, water, lunch and snacks for the day in a smaller back pack.

Please read through the additional information below and return the signed **Consent Form**, to homeroom or Reception by Wednesday the 24<sup>th</sup> of April in person or via email

[secondary.admin@cac.wa.edu.au](mailto:secondary.admin@cac.wa.edu.au)

Students will need to bring in their **Food Plan Form** to school on Friday the 26<sup>th</sup> of April for review in their Rite Journey class.

If you have any comments, questions, or suggestions, please contact Adam Di Rosso.

Kind regards,

Year 9 Aspire Team

**Adam Di Rosso, Amitha Narlapati, Carolyn Frisby & Charlie Howard**

# Checklist of what to bring:

## *Bedding*

- School Backpack **including all items and food packed.**
- Pillow (optional)
- Sleeping bag
- Small self-inflating mattress (optional). Foam mats are provided by the College.

## *Clothing*

- Clothes – pjs
- Aspire shirt (wear on Monday)
- PE shirt (wear on Friday)
- Changes of shirts/shorts/pants
- Changes of underwear/socks
- Warm clothes for night
- Plastic bag for dirty clothes
- Poncho or raincoat to keep dry
- Sneakers/hiking boots
- Thongs (for at campsite)

## *Utensils*

- Plastic bowl, cup, spoon, fork, knife
- Old t-towel

## *Hygiene*

- Deodorant
- Toothbrush, toothpaste
- Soap and shampoo (small)
- Sanitary items
- Baby wipes

## *Medication / First Aid*

- Any required medications (puffer, spacer, epi-pen etc.)
- Personal first aid kit

## *Protection*

- Hat
- Sunscreen
- Insect repellent

## *Swimming*

- Bathers (optional)
- Small light-weight towel (optional)
- Water bottles 3-4 litres

## *Extras*

- Small torch
- Watch (optional) & camera (optional)
- Spending money for stops (optional)

## *Food for the whole camp*

- I've completed and packed the meal plan below
- I've included extra snacks/meals in case I'm hungry

# Year 9 Cape to Cape Hike Camp

## Meal and Food Plan

	Breakfast	Snacks (Cookers not available)	Lunch (Cookers not available)	Dinner
Mon 27/3				
Tue 28/3				
Wed 29/3				
Thu 30/3				
Fri 31/3				



## Year 9 Consent Form – Cape to Cape Hike

Areas between Cape Naturaliste and Cape Leeuwin

By attending the Year 9 Camp (29<sup>th</sup> of April – 3<sup>rd</sup> of May), you are agreeing to following the set of rights and responsibilities below.

### Rights

- It's your right to be in a safe, welcoming, fun environment, where you make memories with your classmates and teachers that you'll remember for a long time.
- It's your right to enjoy the camp activities designed to support your growth academically, spiritual, socially, emotionally, and physically.

### Responsibilities

For this to happen, it is your responsibility to

- **Follow leaders' instructions**, which includes:
  - Staff & Volunteers
  - Accommodation caretaker
  - Take responsibility for my things and the equipment I use
- **Rest well:**
  - Observe lights out at 9:00pm. This is to ensure that you are well rested for the day's activities and your teachers can also rest to fulfil their duty of care responsibilities each day.
- **Respect others comfort, safety, and privacy:**
  - Staying out of other people's tents, especially those of another gender.
  - Changing clothes in areas where you are not visible to others. The toilet cubicles are the safest place for this to take place.
- **Be ready on time:**
  - Make sure you're aware of the times you are required to be places and keep to them – including meal times, bus leaving times, group meeting times etc.
  - Ensure you to manage personal hygiene (e.g. showers/swim at beach, brushing teeth) in way that you are ready for the first activities of the day and 9:00pm bedtime.
- **Participate positively in worship and group activities and act 'above the line'.**
- **Leave electronic devices including phones and music devices at home.**
- **Look out for each other:**
  - Stay in groups of at least 4 people when you are in public or doing beach activities.

### Parents/Carers

I give my son/daughter, \_\_\_\_\_ permission to attend the Year 9 Cape to Cape Hike Camp.

I \_\_\_\_\_ can be contacted on **04** \_\_\_\_\_ should I need to be phoned throughout the camp. If I cannot be reached, please phone \_\_\_\_\_ on **04** \_\_\_\_\_.

Please tick which box applies to your son/daughter:

- Does not own a mobile phone
- Will leave mobile phone at home
- Will need mobile phone for transport reasons. Please collect the phone before camp and return to my child at the end.

Parent Signature:

Student signature:

Date:

Date:

