



Kentlyn Public School | Georges River Road | Kentlyn 2560

PO Box 5222 Minto, 2566 | Phone: 4628 2455 - Fax: 4628 4365

kentlyn-p.school@det.nsw.edu.au

Friday 19th May 2023

Stage 3 Camp 2023 - Medical and Dietary Requirements Canberra and the Snow

Dear Parents/Carers,

Our Stage 3 camp to Canberra and the Snow is approaching and we are beginning to finalise the details for the trip. A critical part of this administration is ensuring we have accurate and current information around children's medical and dietary requirements.

Could you please complete both the attached 'Medical' and 'Severe Medical Food Allergy' forms and return them to the school promptly **by Friday 2nd June, 2023**.

Our itinerary for the camp is looking great with the following destinations all confirmed. Night time activities are also being planned and may include movie, disco or trivia nights (TBC). Our accommodation will be in cabins at the Snowy Mountains Coach and Motor Inn located at 1-2 Oliver Street in Berridale (www.smmotorinn.com.au). Students are asked to bring their own packed lunch for day 1.

Day 1	Day 2	Day 3
Parliament House Questacon	Perisher Kosciuszko National Park Education	Museum of Australian Democracy War Memorial National Capital Exhibit

Attached you will also find a list of things that children should bring with them to the camp. Clothing for the snow experience will be provided, however students will require their own waterproof gloves for snow play.

If you are following the suggested payment plan (below), we are approaching our 5th instalment, due on the 26th May. Thank you to those parents who have paid the full amount or made regular payments to date.

Payment	Amount	Date Due
Deposit	\$30.00	Fri 17th March 2023
2 nd instalment	\$50.00	Fri 7th April 2023
3 rd Instalment	\$50.00	Fri 28th April 2023
4 th Instalment	\$50.00	Fri 12th May 2023
5 th Instalment	\$50.00	Fri 26th May 2023
6 th Instalment	\$50.00	Fri 9th June 2023
Final Instalment	\$40.00	Fri 23rd June 2023

Regards,

Carol Ward

Carol Ward & Erin Monk
Stage 3 Teachers

Sarah Harris

Sarah Harris
Principal



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Stage 3 Camp 2023 - Medical and Dietary Requirements

Canberra and the Snow

Medical Form – Child

Name of School: _____ School year: _____

Student Details:

Surname: _____ Given Names: _____

Address: _____

Postcode: _____ Date of Birth: ____/____/____ Male Female

Parent / Guardian Details:

Please Tick ✓: Mother / Guardian Father / Guardian Other Contact

Full name of Parent / Guardian Details: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Medicare Number: _____ Expiry Date: ____/____/____

Student Name on Card: _____

Student Number on card: _____

Ambulance Cover: Yes No

Private Health Fund Name: _____ Health Fund member number: _____

Is your child in good health? Yes No

Does your child require regular medication? Yes No

Does your child suffer from any Chronic Illness / Injury / Allergies? Yes No
If yes, please specify?

Parent / Guardian Signature: _____ Date: ____/____/____

Severe Medical Food Allergy Form

Individual Details



This form must be completed and signed by parent/guardian and returned ASAP. All allergies must be confirmed 31 days prior to travel.

School Name: Trip Description:
 Departure Date: Return Date:

Individuals Name: Student Teacher/Adult
 Parent/Guardian Name: Mobile:
 Parent/Guardian Mobile:
 Emergency Contact Name:
 Emergency Contact Mobile:

Dietary Details

Do you have an anaphylactic reaction to any food? Yes No

If yes, please list each food type:

Do you carry an EpiPen? Yes No

Severe Allergy Details:

Please provide information on relevant areas:

Milk/Dairy	<input type="text"/>
Gluten/Wheat	<input type="text"/>
Lactose	<input type="text"/>
Egg	<input type="text"/>
Nuts	<input type="text"/>
Seafood	<input type="text"/>
Food Colouring	<input type="text"/>
Preservatives	<input type="text"/>
Meat	<input type="text"/>

Regarding your Allergy:

Can you have food with the following warnings:

"May contain traces of " Yes No

"May be manufactured on equipment that also processes " Yes No

Please list any other relevant information to assist with dietary management:

Parent/Guardian Name: Parent/Guardian Signature:
 Relation: Date:



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Stage 3 Camp 2023 - What to Bring Canberra and the Snow

MEDICATION:

Students that require medication during the camp are requested to bring their medicine in a **container, clearly marked** with the **student's name** and **instructions / doses**, ie: **if you have asthma bring your Ventolin**. Any medication is to be given to your supervising teacher prior to leaving for camp. Medication is to be in **original packaging with labels**.

Please note that this also includes over the counter pain relievers such as Panadol and Nurofen, if you are concerned that your child may need to take such medication over the three days, please include this and provide to supervising teacher.

LIST OF ITEMS TO PACK:

It is a good idea for students to pack their own bags so that they can re pack for the trip home. **Please also ensure that all belongings are labelled.**

Small backpack / daypack (with lunch for day 1)	Toiletries (soap, washer, toothbrush, toothpaste, hairbrush, comb, deodorant – no aerosol cans)
Refillable Water bottle	1 pair pyjamas
Raincoat (regardless of forecast)	3 T-shirts or long sleeved shirts
Hat or cap or beanie	4 sets of underwear
Sleeping bag (extra blanket)	3 pairs of shorts
Pillow	3 pairs of track pants
Bath towel	2 jumpers / Jacket (extra for winter)
Sunscreen SPF 30+	3 pair socks
Insect repellent	2 pairs of runners
Tissues / hankies	1 pair waterproof gloves (for snow play)
Plastic bags for wet clothes / towels	

MONEY FOR SOUVENIRS:

There may be an opportunity for students to purchase souvenirs from the gift shop at Questacon. Students may bring a maximum of \$20 to be placed in a sealed envelope with their name and the amount written on the front. This is to be handed to the supervising teacher prior to leaving for camp.