

University of Canberra

High School Kaleen



## **2021 UCHSK Bushwalking Camp**

**Wednesday 9<sup>th</sup> June – Friday 11<sup>th</sup> June**

**(Week 8, Term 2)**

**Blue Mountains**

**Katoomba, Blackheath and Wentworth Falls**

**Katoomba Falls Tourist Park**

**Penrith White Water**

104 Baldwin Drive Kaleen ACT 2617  
Telephone 6142 0490 Facsimile 6142 0494

<http://www.kaleenhs.act.edu.au> [UCHSKaleen.Information@ed.act.edu.au](mailto:UCHSKaleen.Information@ed.act.edu.au)



# University of Canberra High School Kaleen

Dear Parents/Guardians,

This booklet has important information regarding the 2021 Bushwalking Camp. Please read all documents carefully and do not hesitate to contact Ben or Rourke with any questions.

The following has been included:

- Packing list
- Itinerary

To be returned to school:

- UC High School Kaleen Outdoor Education Excursion Permission Note.
- Penrith Whitewater Stadium LTD Acceptance of Risk Agreement

Please also inform the school if any medical information has changed.

We look forward to making this trip an enjoyable experience for your child and the group.

Kind Regards,

Rourke O'Sullivan and Ben Williams

6142 0490

[Rourke.O'Sullivan@ed.act.edu.au](mailto:Rourke.O'Sullivan@ed.act.edu.au)  
[Benjamin.Williams@ed.act.edu.au](mailto:Benjamin.Williams@ed.act.edu.au)

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**Bushwalking Camp Itinerary**

<b>Day 1 Wednesday 09/05/2021</b>	
<b>Time</b>	<b>Activity</b>
5.30am SHARP	Arrival at UCHSK carpark. Be punctual. Check student attendance (mark rolls). Pack trailers & depart.
6:00am - 11:00am	Depart from UCHSK at 6.00am to Katoomba. Stop at Sutton Forrest for breakfast. Students supply their own breakfast or bring some money to purchase. McDonalds will be available. Students to contact home upon leaving Sutton Forrest.
11:30am – 3.30pm	Arrive at Blackheath. Prepare for walk. Hike Grand Canyon Track.
4:00pm - 5:30pm	Arrive at Katoomba Falls Tourist Park. Camp rules. Tent set up. Sleeping requirements.
5:30pm - 7:00pm	Dinner. Supply own, as planned in class.
7.00pm –9.30pm	Fun Activities. State of Origin on TV!!!!
9.30pm - 9.45pm	Lights out & quiet, remaining in own tent only.

<b>Day 2 Thursday 10/05/2021</b>	
<b>Time</b>	<b>Activity</b>
7.00am	Wake up and shower. Breakfast (group preparation, supply own).
8.00am	Prepare day packs. Supply own lunch, dry change of clothes, rain jacket, hat, water, sunscreen etc. Depart for Leura Forest.
8:30am – 3.30pm	Walk Federal Pass Track.
3.00pm – 4.00pm	Return to Katoomba Falls Tourist Park.
4.00pm – 5.30pm	Shower and prepare for an early departure in the morning, including preparing daypacks for Friday. Meeting about requirements for Friday.
5.30pm – 7.00pm	Dinner. Supply own, as planned in class.
7.00pm – 10.00pm	Movie at Imax United Cinemas Katoomba. Ticket and small popcorn + drink provided. M15+ movie TBA.
10.10pm	Lights out & quiet, remaining in own tent only.

University of Canberra  
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**Bushwalking Camp Itinerary**

Day 3 Friday 11/05/2021	
Time	Activity
5.30am - 7.30am	Breakfast (group preparation, supply own). Site clean-up and check, including camp kitchen.
7.30am – 8.30am	Depart for Penrith White Water.
9.00am – 11.00am	White Water Rafting Session.
11.30am	Depart Penrith for UCHSK
1.00pm – 1.45pm	Lunch in Sutton Forrest. Students need to bring own money to purchase lunch. McDonalds, Heatherbrae’s Pies. Students to contact home upon leaving Sutton Forrest.
1.45pm - 3.15pm	Continue travel back to UCHSK.
3.15pm – 3.30pm	Arrive at UCHSK (Unpack and Bus clean up)

**One of the Hertz hire buses needs to be returned at 4.00pm on Friday, the 11<sup>th</sup> of June. Through this, help is required on return, to ensure we can return to Hertz on time.**

# University of Canberra High School Kaleen

## EQUIPMENT CHECKLIST

Please pack lightly so we can fit everything on the trailer

PLEASE PACK LIGHT!!!!!!!

### ***Sleeping Requirements***

- Sleeping bag or doona and sheet. IT WILL BE COLD. Please ensure it rated to -5 or bring multiple sleeping bags, inner lining.
- Pillow and pillowcase
- Pyjamas (warm)
- Tent (It is advisable to provide your own tent, but the school has a small number for those without. Please begin asking family and friends to borrow a tent, 1 / 2 people ideally)
- Roll Mat or Lilo

### ***Clothing***

- Waterproof jacket (in case of rain)
- Hat, Broadbrim preferable
- Beanie/Gloves
- Multiple warm pants
- Multiple warm jumpers
- Warm jacket
- T-shirts
- Shorts (if weather is ok to walk in)
- Closed shoes (Hiking boots or runners should be fine)
- Thermals/skins
- Multiple pairs of Warm socks

Keep in mind that you need to be prepared for all weather conditions and it will be cold in tents at night.

### ***Food***

- Lunch – Wednesday and Thursday (Supply own or as a food group)
- Dinner – Wednesday and Thursday (Supply own or as a food group)
- Breakfast – Thursday and Friday (Supply own or as a food group)
- Money for Breakfast on Wednesday and Lunch on Friday
- Snacks (No nuts, due to anaphylactic reactions)
- Water bottle

Students are not allowed to bring large amounts of junk food. Soft drinks and Energy drinks are prohibited. **During class time, students will group themselves into food groups and organise their food for the 3 days. All students will need to supply the meals explained above.**

### ***Extras***

- Toiletries (toothbrush, soap etc)
- Sunscreen SPF 50+
- Insect Repellent
- Bath towel
- Plate/bowl/cup/utensils
- Cooking Utensils & Equipment
- Esky (Group)
- Paper Towel (Group)
- Washing up liquid and cloth (Group)

# University of Canberra High School Kaleen

## ***What's provided:***

- Powered camp site
- BBQ's and basic camp kitchen (Communal fridge, Microwave, Kettle, tables and chairs and dishwashing area)
- Showers
- Movie tickets and small drink + popcorn (Thursday night IMAX)

## ***Items needed for day pack***

Dress in bushwalking clothes and walking appropriate shoes in the morning.

- Hat.
- Sunscreen.
- Insect repellent.
- Sunglasses.
- 2L of Water (Water bottles, camelback. There will be no places to fill up during walks).
- Personal 1st Aid Kit (small).
- Beanie.
- Gloves (if needed).
- Rain/wind jacket.
- Jumper.
- Snack food (no nuts).
- Lunch.



# University of Canberra High School Kaleen

## Excursion Permission Note

<b>Excursion</b>	Blue Mountains (Katoomba, Blackheath and Wentworth Falls)		
<b>Location</b>	Students will be traveling to the Blue Mountains to participate in some bushwalks. The bushwalks will occur in Blackheath, Katoomba and Wentworth Falls. See attached for further details		
<b>Date</b>	Wednesday 9 <sup>th</sup> to Friday 11 <sup>th</sup> of June	<b>Time</b>	<b>See attached itinerary</b>
<b>Transport</b>	<b>2 x 25-seater Bus Rentals &amp; 2 trailers</b>		
<b>Attending staff</b>	Rourke O'Sullivan, Ben Williams and two UC pre service teachers.		
<b>Special Requirements:</b>	Students will be required to pack the items located on the equipment list. They will also need to provide their own food (see attached itinerary and equipment list – this will be planned in class prior to camp). Students are encouraged to bring their own tents. Students will be sleeping in tents, and it's advisable if their own is provided. The school has several tents, but not enough for each student. Students supplying their own tent is preferred.		
<b>Due Date</b>	<b>Wednesday 2nd June</b>	<b>*No notes will be accepted after this date.</b>	
<b>Cost</b>	<b>\$200</b>		

### Parent/Carer Declaration and Permission for Students to Attend Excursion

Staff accompanying students on excursions will take all reasonable care while supervising students to protect them from injury and to control and supervise their behaviour and activities. Parents should be aware that staff are not responsible for injuries or damage to property which may occur on an excursion where in all circumstances staff have not been negligent. Parents should warn children of the risk to themselves, to others and to property resulting from impulsive, wilful, or disobedient behaviour.

I have discussed with my child and I understand and accept the need for sensible behaviour on this excursion. I agree that the student will be under the authority of the school for the duration of the activity, and that if the teacher-in-charge feels it is necessary for my child to return home early following a breach of these rules, I will be responsible for all costs and will not be eligible for any refund of excursion costs.

*Please note: If you are experiencing financial hardship regarding this excursion, please contact the Principal to discuss payment options. The Education Act 2004 states that your child will not be refused benefits or services if you do not choose to contribute. Individual records of contributions are confidential*

In the case of an emergency, I am aware that the school/teacher in charge/first aid officer may:

- arrange transport of the student by ambulance
- seek medical attention for the student at the nearest or most convenient medical facility
- administer a bronchodilator inhaler to the student in an asthma attack, and
- advise the emergency contact held by the school.

I understand that neither the school nor the ACT Education Directorate accepts responsibility for costs incurred on my behalf in securing medical treatment and associated services for my mentioned son/daughter/ward.

**I am aware that I am responsible for the ambulance costs outside the ACT.**

**Ben Williams & Rourke O'Sullivan**  
**Co-ordinating teacher**

**Daniel Mowbray**  
**Principal**

# University of Canberra High School Kaleen Permission Form

## OUTDOOR ADVENTURE ACTIVITY INFORMATION FOR PARENTS

I have read the attached information regarding this excursion/activity and understand what it contains. I authorise the school to make arrangements for the welfare of my child (including medical or surgical treatment), in an emergency. We have a copy of your child's medical details that you have supplied previously. If there have been any changes to your child's medical condition, please complete a new Medical form.

If you fill in this form, your personal information and that of your child will be collected and handled by the ACT Education Directorate (EDU) This information is necessary for us to manage student participation in excursions and support the welfare and safety of your child. If you do not consent to supply us with this information your child will be unable to participate in the excursion. Normally, we will not use or disclose this information for another purpose, without your consent, unless you would reasonably expect us to use or disclose the information for a related purpose. Normally we only share information with school staff and, where necessary, parents or volunteers assisting with the excursion in order to appropriately and effectively manage the excursion. The Directorate has a privacy policy that explains how we handle personal information, including how we handle privacy complaints. The policy is available on the Directorate's website ([www.def.act.gov.au](http://www.def.act.gov.au)) on the About Us page.

### UC HIGH SCHOOL KALEEN PERMISSION SLIP OUTDOOR ADVENTURE

I give permission for my child \_\_\_\_\_ Year \_\_\_\_\_ to attend the **OUTDOOR ADVENTURE** excursion to the Blue Mountains, from 9<sup>th</sup> of June to the 11 of June, 2021.

Permission note and \$200 due to the front office by **Wednesday 2nd June.**  
***DUE TO BOOKING REQUIREMENTS, NO NOTES WILL BE ACCEPTED AFTER THIS DATE.***

- I understand and accept that normal school rules apply during the excursion. If it is necessary for my child to return home early following a breach of these rules, I will be responsible for all costs and will not be eligible for any refund of excursion costs.
- My Child's medical circumstances on the medical forms on file are current, or my child's medical information has changed, and I have attached a new medical form.
- I agree to my child travelling by private car, driven by a staff member, if the need arises.
- I give permission for photos to be taken of my child during this excursion and if required to be published in the school newsletter or displayed at the school assembly.
- I have read and agree with the Parent / Carer Declaration on page 1, Excursion Information.

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Parent Name (printed)

#### Payment Options

1.  **QuickWeb** payment made on (date) \_\_\_\_\_

\*The school encourages families to use our Quickweb banking facilities available through our website as it is a safe and secure way of making payments. Please use the URL below to take you to the Schools QuickWeb payment tab.  
<http://www.kaleenhs.act.edu.au/payment>

2.  **Direct Deposit:** payment made on (date) \_\_\_\_\_

Acc. Name: UC High School Management Account BSB: 032 777 Acc. No. 001455

Please include student name, school year & payment detail (excursion name) Receipt number:.....

3.  **Cash**       **Mastercard**       **Visa**

\*Payment can be made in person at school Front Office-between 8:30am & 2:30pm Mon-Fri.  
Alternatively, please fill out the details below

I hereby give authority for payment to be made from my credit card. My credit card details are:

Card No:     •     •     •     CCV: \_\_\_\_\_

Expiry date: \_\_\_/\_\_\_ Cardholder's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_ Amount: \$ \_\_\_\_\_