Year 9 Urban Challenge Camp
Wednesday 26 – Friday 28 March 2014

Dear Parent/Guardian,

In line with Norwest’s ongoing commitment to holistic education, Year 9 will be attending their annual College camp from Wednesday, 26 to Friday, 28 March 2014. The camp will be coordinated by Miss Lituri and other Norwest staff with Urban Challenge.

The Urban Challenge organises school programmes for many of Sydney’s leading schools, in a variety of locations around the CBD and surrounding suburbs. The Urban Challenge is designed to be an evolving adventure for the participants, one that will create pure unexpected joy as they travel through our beautiful city! This multi-day programme will see the students from Year 9 participating in an odyssey throughout the Sydney CBD completing a range of activities and challenges, which may involve external activity providers around the Sydney. The year group will be broken into small teams, each of which will travel with a College staff member, with a number of Urban Challenge Staff members also present to assist with supervision and conduct of activities.

The students will move via several forms of public transport throughout the challenge. The nature of the activities that the students will engage in and the instructions for meals and overnight accommodation will be presented to the teams as unfolding clues. Some of these are sent via text message over the team’s mobile phone, some are found in envelopes at certain places and others are downloaded via our interactive website once the team has uploaded certain information from their day (details for a parent login will be provided closer to the programme so you can keep track of how your child is going!).

Overnight the students will stay in YHA Hostels within the city area; these have been selected for their specialised set-up in dealing with school groups and the international standard they need to maintain to be a part of the Youth Hostel Association. All bedding will be provided for throughout the programme. Accommodation for boys and girls will be in separate sections. Under no circumstances will boys be allowed into the girls’ rooms nor girls into the boys’ rooms. Behavioural expectations on the camp will be in line with usual College policies and in serious circumstances parents will be required to collect their child from the camp at short notice.

All meals for the students will also be provided for. We ask that any dietary requirements are noted on the Medical Form to ensure your child is well catered for.

Within the team, the students will be allocated various roles, such as leader, navigator, treasurer, journo, photographer, task master etc. These participants will be responsible for that function within the programme. For example, the treasurer holds the team’s cash for the entire programme and must allocate money, keep records and receipts and account for all spending. All job roles will contribute to the team earning points for their team and hopefully will lead to them winning the entire challenge!

The programme is an excellent opportunity for the students to work as a small team, take responsibility for a broad range of decisions and functions, and to have an exciting, fun adventure in Sydney.

Please see the attached equipment list to outline what each student will need to bring along, and what is provided. There will also be a briefing for the students at school prior to the programme with some more detailed instructions. It is important that valuables (such as cash, MP3 players and mobile phones) are not brought to camp as this will take away from the experience of the adventure in store for them.

Each day will include a daily devotional session addressing Christian values and the way in which these can impact our lives in a contemporary society. Camps are considered a very important part of Norwest’s educational programme and as such, attendance is compulsory for all students.

A beach activity involving swimming and surfing is scheduled during this camp. By giving permission to attend the camp you are also giving permission for your child to partake in the beach activity. The contact and medical form you provided to the office earlier this year contains swimming information about your child and staff will take this information into account when planning the activity. Please inform the College if this information requires updating for beach conditions.
This camp package contains 2 sections:

**Section 1** (white paper)

This information is to be retained by you. It contains details of items to bring to camp, staff, camp location and contact details for the camp site in the case of an emergency.

**Section 2** (green paper)

This section contains forms that need to be completed, signed and returned to the College including information about specific dietary requirements. Please ensure this complete section is returned to the College Office by Monday, 24 February 2014.

If something urgent arises while your child is on camp and you need to contact them, please ring the emergency contact number for the camp provided. Please contact the College office during office hours for non-urgent matters.

Yours In Christ,

Mrs Geraldine Paynter
Head of Secondary Years
<table>
<thead>
<tr>
<th><strong>Location</strong></th>
<th>Sydney City and surrounds</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dates</strong></td>
<td>Wednesday, 26 March to Friday, 28 March.</td>
</tr>
<tr>
<td><strong>Emergency Contact</strong></td>
<td>Miss Lituri - 8889 4695</td>
</tr>
<tr>
<td><strong>Departure Time</strong></td>
<td>Students are to meet at Schofields Station by 9:00am.</td>
</tr>
<tr>
<td><strong>Return Time</strong></td>
<td>Students will return to Schofields Station by 3:20pm.</td>
</tr>
<tr>
<td><strong>Transport</strong></td>
<td>All students will be travelling by train to the city, and other forms of public transport for the duration of the camp.</td>
</tr>
<tr>
<td><strong>Clothing</strong></td>
<td>A required list is attached. Students will be required to wear the College sport shirt on Day 1. All swimwear must conform to College guidelines. Girls must wear a one-piece swimsuit. All students must have a rash/t-shirt for swimming. Singlets/shirts without sleeves are not permitted. Hats are compulsory.</td>
</tr>
<tr>
<td><strong>Behavioural Expectations</strong></td>
<td>Students are to display exemplary behaviour at all times, including obeying all instructions given by camp leaders, Norwest staff and volunteers. The Student Code of Conduct must be adhered to. Parents may be called to collect their child from camp at short notice should their behaviour fall outside these expectations. Students are expected to honour their family, Christ and the College.</td>
</tr>
<tr>
<td><strong>Prohibited Items</strong></td>
<td>No aerosol cans are permitted on camp. Aerosols can make some people quite uncomfortable or worse (eg. Asthma). Please provide roll-on deodorants. Dangerous items such as knives are not permitted on camp. Alcohol, tobacco and drugs are not permitted at camp.</td>
</tr>
<tr>
<td><strong>Food</strong></td>
<td>Every effort will be made to accommodate dietary needs. Please contact the College office immediately if your child has any allergies. It is very important that this information is included on the Medical Forms.</td>
</tr>
<tr>
<td><strong>Life Threatening Allergies</strong></td>
<td>The College cannot guarantee that any food we provide is free from allergens such as wheat, egg, dairy or nuts. Any student likely to suffer a life threatening reaction (anaphylaxis) from food ingredients will be required to bring their own food to microwave along with their own disposable eating utensils, thus ensuring there is no possible cross-contamination. Please notify the College office if this will apply to your child.</td>
</tr>
<tr>
<td><strong>Medical</strong></td>
<td>All medication must be provided to Mr Braine prior to departure, along with the approved permission to administer medication form (enclosed).</td>
</tr>
<tr>
<td><strong>Personnel</strong></td>
<td>Ms Kryten Lituri, Mr Rod Braine, Mr Ben Herman</td>
</tr>
</tbody>
</table>
The following is a recommended gear list for students attending The Urban Challenge.

Please take care in selecting items marked in bold as they are essential for your well-being. This list is in addition to travel clothes.

While completing the Challenge you stay in youth hostels each night - linen, pillow cases and blankets are supplied. You should pack your gear in your school backpack or rucksack of similar size.

It is important that you pack minimal gear as you will be carrying your backpack each day throughout the challenge.

- **Rainjacket**
  - Rainjackets are essential and must be waterproof.
  - Spray jackets, parkas, plastic raincoats and ponchos are not suitable.

- **Footwear**
  - You require a pair of shoes that are sturdy and comfortable for traversing Sydney and for walking all day. Thongs may be brought to wear in the shower.

- **Sun Hat**
  - A hat is compulsory - we recommend a soft hat with wide brim or peak and cape

- **Water Bottle**
  - You will require a 1 Litre water bottle with screw lid (no 600ml bottles)

- **1 long sleeve shirt**
  - For sun protection and evening warmth

- **1 long pair of pants**

- **3 Polo or T-Shirts**
  - Ones with collars are recommended. **NO singlet tops and short shorts**

- **1 Jumper/Fleece**
  - Not too bulky

- **4 pairs of socks and underwear**
  - cotton socks are best

- **Tracksuit/PJs**
  - To sleep in

- **I pack towel**
  - We will supply a pack towel for all students – do not bring any other towels

- **Swimming costume**
  - You may have the opportunity to swim throughout the programme

- **Torch**
  - Small one. Remember extra batteries

- **Toiletries**
  - include soap in container, toothbrush & paste, hairbrush, personal gear

- **Sun cream** & insect repellent - sun glasses if desired

- **2 large garbage bags**
  - Nice strong ones for wet gear and waterproofing in event of rain

- **Camera**
  - Optional. Disposable ones are great for camp!

- **Student ID**
  - You will receive a Student Travel Pass during the Urban Challenge; you will need this in the case your ticket is checked by an inspector

**Valuables** Please do not bring mobile phones or your own money. Please also do not bring electronic games, iPods, expensive jewellery to the Challenge. We are not responsible for lost items.
Permission to Attend Camp

The forms in this section are to be completed, signed and returned to the College Office by Monday, 24 February 2014.

I have read the camp information provided by Norwest Christian College and have provided the necessary medical information as requested.

I give permission for my son/daughter/ward .......................................................... of Year 9 to attend camp from Wednesday 26 to Friday 28 March 2014.

My signature below indicates permission for my son/daughter/ward to fully participate in all activities at camp and that I understand that:

- the normal College discipline policy will be followed while on the camp, with my son/daughter/ward being sent home, as per the accompanying letter.
- boys and girls will be in separate sleeping quarters and that boys will not be allowed in girls’ rooms nor vice versa.
- that no drugs or alcohol will be permitted at camp.
- students are not permitted to self-administer or keep medications with them. All medications must be provided to the camp leader on the morning of camp (or prior) clearly labelled with my child’s name and administration requirements.
- Paracetamol, in tablet and liquid form, will be provided by the College and administered when necessary according to the dose on the package (no need to provide).

Medical Conditions

Norwest Christian College takes the care and protection of your son/daughter/ward seriously and undertakes risk assessments for all activities. To ensure that we take into account any unique requirement of your son/daughter/ward, please inform the College prior to the activity of any relevant medical conditions or other factors that may impact upon your son/daughter/ward fully participating in these activities.


name  signature  date

Student Declaration

I have read the camp information provided by Norwest Christian College and agree to abide by all rules as set by Norwest Christian College staff.


name  signature  date
**2014 College Camp Only**

Norwest Christian College staff will, with parental permission, administer medication to students during camp according to the directions below. All medication administered will be recorded including Paracetamol.

<table>
<thead>
<tr>
<th>Student Name:</th>
<th>Year</th>
</tr>
</thead>
</table>

### Medication 1

(eg Amoxycillan; Nurofen) 

*All prescription medication MUST be in original packaging with student name and directions attached*  

<table>
<thead>
<tr>
<th>Dosage Amount</th>
<th>Dosage Frequency</th>
<th>Other Instructions</th>
</tr>
</thead>
</table>

### Medication 2

(eg Amoxycillan; Nurofen)  

*All prescription medication MUST be in original packaging with student name and directions attached*  

<table>
<thead>
<tr>
<th>Dosage Amount</th>
<th>Dosage Frequency</th>
<th>Other Instructions</th>
</tr>
</thead>
</table>

### Medication 3

(eg Amoxycillan; Nurofen)  

*All prescription medication MUST be in original packaging with student name and directions attached*  

<table>
<thead>
<tr>
<th>Dosage Amount</th>
<th>Dosage Frequency</th>
<th>Other Instructions</th>
</tr>
</thead>
</table>

I hereby give permission for Norwest Christian College staff to administer the medication, detailed above, during school camp 2014.

Parent/Guardian:  

*name*  

*signature*  

*date*