



# CARMEL

ADVENTIST COLLEGE

## YEAR 9 ASPIRE PROGRAM – Cape to Cape Camp Information Letter

Dates: Monday, 7<sup>th</sup> April – Friday, 11<sup>th</sup> April

Dear Year 9 Parents and Guardians,

This letter brings you the information needed for the upcoming Cape to Cape camp. Students are to arrive at school as per usual on Monday 7<sup>th</sup> April and meet in the gym for homeroom with their hiking packs ready to go. Students are required to wear their Aspire shirts on Monday and pack their PE shirt for Friday.

Students have been asked to keep their hiking packs at home and to use these as their “suitcase”. All clothes, food, toiletries, bedding, etc should be packed in or on the hiking pack. Students are also asked to bring a backpack to be used while hiking. The backpack should be big enough to fit 3-4L of water, lunch and snacks for the day, first aid kit, bathers and towel.

### **Aims of trip:**

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

*Spiritual - Opportunity to worship together / reflect 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.*

### **Staff:**

Adam Di Rosso, Luke Duncan, Vanessa Fernandez, Shannon Smoker, Brad Flynn, Miranda Leijser, Jordyn Gallop, Taryn Turner, Joanne Pearson

**Venue:** Conto Campground, 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. There will be opportunities to buy lunch, snacks and drinks at various points during the week. Students are welcome to bring some cash or bank card with the intention of spending no more than \$30-40.

**Activities:** 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, Trangia, fuel bottle and sleeping mat if required. Students may bring their own equipment if discussed and approved by a staff member.

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

Please read through the additional information below and return the signed **Consent Form**, to homeroom by Thursday 3<sup>rd</sup> of April.

Students will need to bring in their **Food Plan Form** to school on Thursday 3<sup>rd</sup> of April for review in their Rite Journey class.

If you have any comments, questions, or suggestions, please contact [adam.dirosso@cac.wa.edu.au](mailto:adam.dirosso@cac.wa.edu.au)

Kind regards,

Adam Di Rosso, Amitha Narlapati, Luke Duncan, Vanessa Fernandez  
Year 9 Aspire Team

# Checklist of what to bring:

## *Bedding*

- School Hiking Pack **including all items and food packed.**
- Pillow (optional)
- Sleeping bag
- Small self-inflating mattress (optional). Foam mats can be 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 (jumper and long pants essential)
- Plastic/Laundry bag for dirty clothes
- Poncho or raincoat to keep dry
- Sneakers/hiking boots
- Thongs, crocs, slides (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 (Trangia's not available)	Lunch (Trangia's not available)	Dinner
Mon 7/4				
Tue 8/4				
Wed 9/4				
Thu 10/4				
Fri 11/4	(Trangia's not available)			



## Year 9 Consent Form – Cape to Cape Camp

Areas between Cape Naturaliste and Cape Leeuwin

By attending the Year 9 Camp (7<sup>th</sup> of April – 11<sup>th</sup> of April), 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 (eg. 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 challenge. 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:

