



Pittwater House

2019 Year 11 Camp Check List

These steps are required to be completed by Thursday 13th December 2018.

All forms for 2019 Year 11 Camp are to be completed electronically.

<input type="checkbox"/>	<p>Download the Skoolbag App from your Mobile App store. Choose Pittwater House to Complete Pittwater House Excursion Permission Form</p> <p>Once the app is downloaded and groups and preferences have been set up. Select the Year 11 folder where you will find a 2019 Year 11 Camp Permission Form to complete.</p>
<input type="checkbox"/>	<p>Login to Edumate using your details provided in your User Name and Password Email</p> <p>Complete or update all medical information for your child in Edumate. If you are new to the school, instructions on entering medical information into Edumate are included in the Edumate instruction booklet in your New Stater pack and available on the parent portal https://www.pittwaterhouse.com.au/portal/edumate</p>
<input type="checkbox"/>	<p>Sport and Recreation Centres Online Medical Form</p> <p>2019 Year 11 Camp is run by Sport and Recreation. They require student medical information to be provided by parents. Once you have submitted the TPHS Skoolbag Permission Form you must also complete the Sport and Recreation online medical form via this link https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform/uncatered.</p> <p>You will need the following details to complete the form: Booking Number: 544161 Booking Start Date: 11/02/2019 Booking Venue: Sydney Academy of Sport and Recreation Name of Organisation/organiser: TPHS /Mellissa Murray</p> <p>If you have any queries regarding this online form, please contact Wendie Brealey from the Sport and Recreation office via email sportrec@sport.nsw.gov.au</p>



Pittwater House

Excursion/Activity Information for Parents

Important – Please Note: all student information including contact information for you and your child must be up to date in Edumate **before** completing any permission forms. <https://portal.tphs.nsw.edu.au/>

General

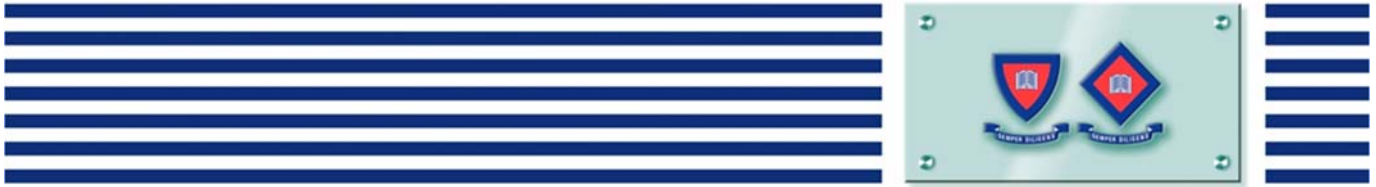
Excursion/Activity Title:	Year 11 Camp	
Date of Excursion/Activity:	Monday 11 th February and Tuesday 12 th February 2019	
Start Time:	7.30am	End Time: 4.30pm
Address/es:	Sydney Academy of Sport and Recreation, Narrabeen	
Teacher in Charge:	Mellissa Murray	
Subject Area / Co-curricular:	Stage 6 Senior Study	
Faculty Responsible:	Pastoral	
Dress and Equipment Requirements:	Students are allowed to wear normal camp clothing - No School uniform. Swimmers and changes of clothes for 2 days, sleepwear and toiletries. Sleeping bag, pillow and fitted sheet. Towels for showering and swimming are required. Morning tea/afternoon tea snacks are allowed. Money is allowed.	

Cost of this Activity

<input checked="" type="checkbox"/> Covered by TPHS Incidental Costs
<input type="checkbox"/> Not covered by TPHS Incidental Costs and additional cost of: \$ will be charged to your School Account.

Event Timings

Departure Date:	11 February 2019	Departure Time:	8.45am
Departure Location:	Westmoreland Ave		
Event Timings:	Time: 7.30am	Activity:	Year 11 Student and Parent Briefing
	Time: 8.45am	Activity:	Transport to Camp at Narrabeen
	Time:	Activity:	
	Time:	Activity:	
	Time:	Activity:	
	Time:	Activity:	
	Time:	Activity:	
Return Date:	12 February 2019	Return Time:	4.30pm
Return Location:	Pick up from Sydeny Academy or transport to school via bus for dismissal		



Pittwater House

Year 11 CAMP 2019

Monday 11th to Tuesday 12th February

1. Year 11 Camp is an opportunity for students to start getting prepared for Senior Studies.
2. Morning and evening workshops focus on: motivation and goal setting, leadership, referencing and plagiarism, studying, IT, vocational testing and stress and its effect on the brain, a trivia quiz and movie night. Afternoon activities will have a physical focus and involve being outdoors, options including; sailing, paddle boarding, kayaking, canoeing, abseiling and/or high ropes with fox. Activities will be dependent on weather.
3. There is a meeting with Parents and Students from 7.30am to 8.30am about the year ahead and the expectations of being a senior student.
4. Please be at school by 7.25am on Thursday, students will be transported to the camp. Please meet at the Hall, bags are to be left outside. Students must come to school first.
5. Students must make sure they have workout gear (clothes, appropriate shoes)
6. Please bring snacks. Morning and afternoon tea only consists of fruit and in the past many students were hungry. However, there is no eating in rooms.
7. Pick-up is from the Camp, from between 4pm and 4.30pm on Tuesday 12th February. There will be a bus from to school for those people who can't get a lift. We are staying in the **motel section** of the Academy, adjacent to the main rugby oval. See attached map.
8. If students are being picked up by another parent, an email from parents is required.
9. **Students do not need to wear or bring your uniform.**

PACKING LIST

- School Diary, Paper and pens, pencil
- Snacks
- Shorts and t-shirts (no singlets or midriff tops)
- Jeans
- Jumper/warm pants
- Socks and underwear
- Raincoat/ weatherproof jacket
- Pyjamas
- Swimming costume, rashie and towel
- Sunscreen, HAT, sunglasses
- 2 pair of sandals (an old pair)
- Toiletries – soap, lip balm and insect repellent, tissues, toothpaste
- Towel for showering
- Pillow and sleeping bag, or doona and 2 flat sheets
- Plastic bags for dirty or wet clothes
- Water bottle
- Medication
- Workout clothes and runners

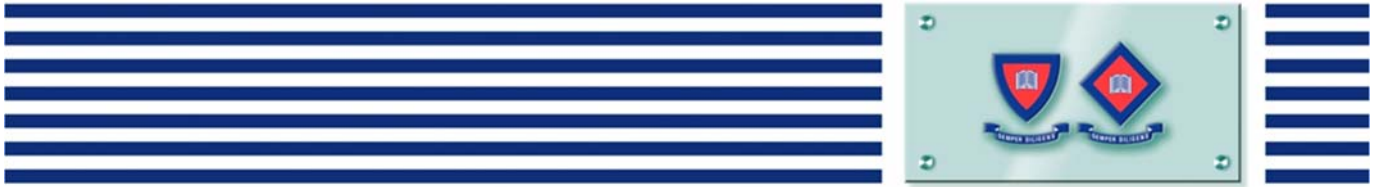


Pittwater House

Day 1 – Monday 11th February			
Session	Time	Activity	Staff
Pre-Camp	7.30 – 8.30am	Meeting with Parents and Students at School	Hall
	8.45 - 9am	Bus from school to Narrabeen	Westmoreland Ave
	9.15 – 9.30am	Welcome and Introduction to the Camp	Mellissa Murray
1	9.30 – 10.30	Session 1 – Study Skills	Elevate
	10.30 – 10.50	Morning Tea	
2	11 – 12noon	Session 2 – Study Skills	Elevate
	12noon– 12.30	The brain – stress and motivation	Sean P.
	12.30 – 1.30	Lunch	
3	1.30 – 4.30	Academy Activities. Options including; sailing, paddle boarding, kayaking, canoeing, abseiling and/or high ropes with fox. Activities will be dependent on weather.	Academy Staff + TPHS staff
	4.30	Afternoon Tea	
4	5 – 5.45pm	Leadership	Mrs Murray
	6.00 – 7.00	Dinner and Guest Speakers	TPHS Staff
5	7.30 – 8.30	Trivia Quiz	Mrs Murray and Mrs Leman
	8.30 – 10pm	Movie	TPHS Staff
	10pm	Supper	TPHS Staff

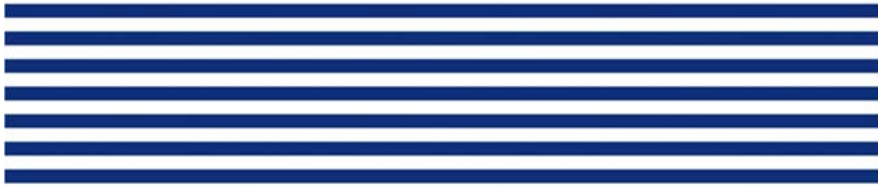
YEAR 11 CAMP 2019 (subject to change)

Day 2 – Tuesday 12th February			
Session	Time	Activity	Staff
1	7 – 8am	Breakfast	
	8.30 – 10am	Group 1 – Goal Setting and Motivation Group 2 - What are my strengths?	Reach Mrs Murray
	9.30– 11am	Group 1 – What are my strengths? Group 2 - Goal setting and Motivation	Mrs Murray Reach
	11 – 11.30am	Morning Tea	
2	11.30 – 12noon	Bringing everything together – My Goals	Mrs Murray
	12noon -12.30pm	IT – the importance of backing-up	Mr Hobson
	12.30 – 1.30	Lunch	



Pittwater House

3	1.30 – 4.00pm	Academy Activities. Activities will be dependent on weather.	Academy Staff + TPHS Staff
	4.00- 4.30pm	Afternoon Tea and Departure	All Staff



Pittwater House

SYDNEY ACADEMY OF SPORT AND RECREATION CENTRE

Centre Map



There are two options for pick-up:

1. Pick up on Tuesday 12 February, 4.30pm.
2. School bus can pick up students and return them to school. Just let Mrs Murray know if you are needing a lift.