Year 8 - Integrated Studies Camp

**Wednesday**

9.00am  Meet Teachers near Canteen. Place bags under cover NEXT TO CANTEEN.
9.30am  Depart St Albans Secondary College.
11.30am Arrive Euroa. Rest break, opportunity to purchase lunch. Students can bring lunch from home or buy lunch in Euroa. Quick picnic by river.
1.30pm  Arrive at Camp. Students allocated rooms, unpack and settle in. Discuss duties and rules.
2.00pm  Choose Polly Mc Quinns or Goomar Falls – wading in shallow water.
6.00pm  Dinner. Sausages, Beef/Vege Burgers, Wedges, Coleslaw/Garden Salads. Dessert: Ice cream.
8.00pm  Mt Wombat Walk. Short, steep night walk; 360-degree views and satellite spotting.
10.00pm Warm Milo & Milk; then Bed Time!!
10.30pm Lights Out and total quiet.

**Thursday**

7.30am  Breakfast. Toast & Cereal
9.30am  Leave for Lake Nagambie for Canoeing on the lake.
11.00am Meet Adventours (External Provider) @ Nagambie for Canoeing.
1.30pm  Lunch @ Lake Nagambie. Make your own rolls with various fillings.
3.30pm  Travel back to Strathbogie. Dress for dinner.
5.30pm  Dinner – "Wrap" Night! Dessert: Ice Cream.
7.00pm  Quiet post-dinner walk.
9.00pm  Camp Fire. Story Telling.
10.00pm Warm Milo & Milk; then Bed Time.
10.30pm Lights Out and total quiet.

**Friday**

8.00am  Breakfast. Toast and Cereal. Lunch group to make sandwiches for anyone requesting.
9.00am  Pack bags, clean room, clean campsite, pack baggage on trailer. Leave camp.
9.30am  Short walk or visit to Roz’s farm.
11.00am Picnic Lunch at Euroa, Seven Creeks Run Park.
Camp Awards. What award will you win? Depart @12:00pm.
2.30 – 3.00pm Arrive back at St Albans.

Each cabin sleeps 4 & has:
- Curtains
- A heater
- Floor rug
- 2x2 bunk beds
- 4 personal cabinets

There are 4 female and 4 male cabins.

A 'surprise' Fire Drill will be held today – 30 seconds to get to Evacuation point after siren!!
Camp Rules

1. Students will obey teacher instructions with no argument.
2. AT NO TIME are students to have lighters, matches, alcohol, or any other item they wouldn’t have in school. THIS INCLUDES CHEWING GUM!!!
3. Place all of your litter in a bin. Keep your cabin clean & neat.
4. No graffiti will be tolerated. AT ALL.
5. Don’t leave the campsite without permission.
6. Do not move around after lights out. Stay in bed and be quiet- No slamming doors, jumping down from bunks, etc. Give your fellow campers a good night’s sleep.
7. Don’t interfere with the property of others…ask if you want to borrow.
8. Act like a team and help each other; don’t expect teachers to do everything for you.
9. Inform Staff if anyone is hurt, upset or in danger. Point out any damage you find.
10. Everyone on camp has the right to a stress free camp. Treat each other with respect.
11. Mobiles are allowed on camp, but you must tell a teacher you have it and if you want to make a call.

Don’t test these rules; consequences will be immediate and unpleasant. Students will be isolated, given extra tasks, be picked up by parents/the Principal, or the camp will be CANCELLED if necessary.

What to Bring…..

- SLEEPING: Pillowcase, sleeping bag or doona, pyjamas, slippers, etc.
- TOILETRIES: Toothpaste, toothbrush, soap, shampoo/conditioner, hairbrush, 2 towels (shower & beach), hankies.
- CLOTHES: (don’t bring your going out clothes. Bring older clothes as you will get dirty!)
  - Waterproof Jacket
  - Bathers, hat, sunscreen, & other swimming apparel like rash vests, foot protection, etc.
  - 3 pairs of underwear, socks and t-shirts,
  - Jeans and/or tracksuit pants and shorts.
  - Windcheater or warm jumper for night walks.
  - Good, strong shoes or runners with grip.
- EXTRA’S: A refillable water bottle is a MUST! Torch & Batteries, Camera or Personal Music Player if you wish, small amount of spending money, snacks, treats, etc.

Mobiles = OK  Water Bottle  Boots with heel & grip!