

Year 8 - Integrated Studies Camp

Wednesday

9.00am	Meet Teachers near Canteen. Place bags <u>undercover NEXT TO CANTEEN</u> .
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 Gooram Falls – wading in shallow water.
6.00pm	Dinner. <i>Sausages, Beef/Vege Burgers, Wedges, Coleslaw/Garden Salads.</i> Dessert: <i>Ice cream.</i>
8.00pm	Mt Wombat Walk. Short, steeo night walk; 360-degree views and satellite spotting.
10.00pm	Warm Milo & Milk; then Bed Time!!
10.30pm	Lights Out and total quiet.

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

Thursday

7.30am	Breakfast. <i>Toast & Cereal</i>
9.30am	Leave for Lake Nagambie for Canoeing on the lake.
11.00am	Meet Adventours (External Provider) @ Nagambie fir Canoeing.
1.30pm	Lunch @ Lake Nagambie. Make your own rolls with various fillings.
3.30pm	Travel back to Strathbogje. 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.



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!