



Final Reminders for Canberra 2014

8th September 2014

Our Canberra excursion will be taking place next week, from Wednesday 17th September to Friday 19th September.

Departure time: Students will need to be at school on Wednesday at **6.30am**, for names to be marked off, medication collected by supervising teachers and packing of the coach ready for departure at 7am sharp. We need to leave on time as we must be in Canberra ready for our first activity. If you are unable to transport your child to school by the required time, please arrange a lift.

Return time: We are scheduled to arrive back at school at **approximately 9pm** on Friday. We will be using the alert system on our **school app** to communicate our travel during the return journey.

ESSENTIAL ITEMS

When packing your child's bag it is important that they are helping and know what is in the bag and where to find it. Please ensure that they are able to carry the bag themselves, as they will need to take it from the bus to their room.

Students are required to bring:

- **FULL School Uniform** including school jumper/jacket for Day 1 and Day 2 as we will be attending Parliament House and the War Memorial.
- **Comfortable Clothing** - You need to bring the usual items - underwear, socks, shirts, pants, sleepwear etc. Ensure you have enough sets of clothes for the number of days away - always ensure you have an extra set if one gets wet.
- A warm jacket or jumper. It will be quite cool in Canberra especially in the mornings and evenings. It is also likely to be cold at Telstra Tower so warm clothing will be required.
- Sleeping bag or linen/blanket and a pillow case
- Towel
- Re-sealable drink bottle
- Toiletries
- Shoes – at least 2 pairs in case one gets wet. Comfortable, covered-in shoes that are appropriate to wear all day and fulfill Occupational Health & Safety standards to be able to gain entry into all venues, eg Questacon. (joggers/runners are a good idea)
- 2 PLASTIC BAGS - for dirty clothes and/or wet clothes and towel.

We have also suggested to the students that an easy way to manage their clothes while on the excursion is to pack them in bundles that include; pants, shirt, underwear, socks, etc for each day. These clothing bundles can be placed into a plastic or enviro shopping bag and are then easy for students to remove from their suitcases. It also helps them when packing dirty clothes away at the end of the day – all dirty items go back in the empty bag they were taken from and put back into their suitcase. No getting clean and dirty clothes mixed up or loose socks being lost.

As Canberra has a varying climate, which can change rapidly, we suggest that you pack a variety of seasonal clothing, particularly warm clothing such as jackets and tracksuits for winter and cooler nights. Sunhats are essential.

Please ensure all items are labeled with your child's name.

FOOD and Day Pack Items

Students are required to bring **LUNCH and RECESS on DAY ONE**. All other meals will be catered for during our time in Canberra. Students will need a refillable water bottle in their day pack for use each day. A day pack such as a small school bag is a good idea. As we will be leaving our accommodation in the morning and not returning until dinner time, students will need to carry their water bottle, hat, jumper and camera in their day pack each day. Students will also need to bring a pen and/pencil to complete the scavenger hunt.

Please select foods that will travel well and that are nutritious in content. It is a long journey and many students often find they are hungry before the normal school break times. An extra sandwich/roll/wrap or fruit and healthy snacks are a good idea. To avoid bus sickness and in consideration of fellow travellers and room-mates, please do not send foods and drinks which are high in sugar and fat content. These foods (lollies, etc) will often make students feel unwell/queasy when travelling on a bus. Do not pack large drinks that cannot be resealed as open drinks are not permitted back onto the coach with students.

- **We will be stopping for dinner at McDonalds on the return journey. Students are required to bring the money for this meal in an envelope CLEARLY labeled with their NAME and the AMOUNT of money in the envelope. We would like this money to be brought in prior to the excursion to avoid any issues with forgotten money on the morning of departure.**

MEDICATION

Students sometimes experiences travel sickness and headaches due to coach travel, differing air conditioning levels, different diet, a very busy schedule and tiredness, even if they don't usually have these problems at home. If you have indicated that your child requires medication during the excursion this is to be given to the teacher's prior to departure on Wednesday morning. Please ensure **ALL** medication is in a plastic clip-lock bag and is clearly labeled with your child's name and required dosage. This must also include any necessary instructions/procedures for administering medication.

If your child requires:

- Travel sickness medication – please ensure they have enough for the trip to and from Canberra
- Paracetamol/nurofen – please ensure this is provided
- Asthma puffers – Ventolin/reliever puffers must be carried by the student AT ALL TIMES. Preventative puffers need to be given to the supervising teacher with times and dosage instructions.
- EpiPen – carried by the student at ALL times.

Teachers will also have the school EpiPen and Ventolin puffers in case of an emergency.

OPTIONAL ITEMS

- Students will be able to purchase souvenirs from some venues during the excursion, depending on available time. Please do not send more than \$50.
- Cameras –students may bring a camera on the excursion.

PLEASE REMEMBER – CHILDREN ARE RESPONSIBLE FOR ALL ITEMS TAKEN TO CANBERRA AND EVERYTHING IS TAKEN AT THEIR OWN RISK.

NO ELECTRONIC DEVICES, MP3 PLAYERS, PHONES OR GAMING DEVICES ARE ALLOWED ON THE EXCURSION. NO EXCUSES – THEY WILL BE CONFISCATED.

If you have any questions or concerns regarding our excursion, please don't hesitate to contact us.

K ARMSTRONG, S WEST, J WHEELDON,
J BOWMAN, D SLADE, D BROWN
Stage 3 and Excursion Teachers

TONY SELWOOD
Principal

Itinerary for Canberra 3 Day Excursion

Listed below are some of the activities students will get to experience during the excursion.

Wednesday 17th September

- *Coach departs school at 7.00am SHARP*
- *Lunch (**bring your own**) at Regatta Point*
- *Parliament House – Hospitalities*
- *Parliament House – Tour*
- *Parliament House – Education*
- *Depart for accommodation – Camp Cottermouth*
- *Dinner*
- *Activities in the auditorium*

Thursday 18th September

- *Breakfast*
- *Australian War Memorial*
- *Museum of Australian Democracy at Old Parliament House*
- *Lunch in the Rose Gardens*
- *CSIRO – Discovery Tour*
- *Dinner*
- *Telstra Tower – view the City Lights*

Friday 19th September

- *Breakfast*
- *Questacon*
- *Electoral Education Centre*
- *National Gallery of Australia*
- *Lunch in Rose Gardens – Pizzas*
- *Maccas dinner stop*
- *Back at school by approx.9pm*