

Money and valuables

You might want to provide your child with some spending money so they can buy some camp souvenirs. Students may also need to buy meals on the forward and return journeys. We suggest that spending money is limited to \$20 or \$30 and is provided in a sealed envelope with your child's name on it.

Souvenirs

Prices and availability may vary.

Pen	\$2
Ruler	\$2
Tote Bag	\$2
Frisbee	\$5
Drink bottle	\$5
Wallet	\$6
Thermo Mug	\$6
Teaspoon	\$7
Boomerang	\$7
Cap	\$7
T-shirt	\$10

Creature comforts

Accommodation

Students will stay in comfortable lodges which sleep four to eight students per room. Male and female students are accommodated in separate rooms. A teacher from your child's school will stay in a separate room in the lodge or in a bungalow next to the lodge and will be responsible for student safety and behaviour overnight.

Meals

Nutritious meals are prepared by qualified catering staff in a commercial kitchen, so your child will never go hungry. If your child has any special dietary requirements or food allergies, it is very important that these are listed on the Medical and consent form. You might also like to mention these needs to your child's teacher before camp. Special diets are provided for medical conditions, religious beliefs and vegetarians/vegans.

Getting the most out of camp

Behaviour

For everyone's enjoyment of the camp, we expect a good standard of behaviour. Camp rules will be explained to students on arrival. Children who persistently ignore reasonable requests or engage in violent behaviour may be removed from the Centre.

If this happens, we will phone you or a nominated contact person to make arrangements for your child to be taken home. If we cannot make contact with anyone within 24 hours, we reserve the right to make alternative arrangements after discussion with appropriate Government agencies.

Outdoor safety

Every effort is made to ensure your child's safety and comfort while at camp. We have a sun protection policy that supports wearing hats and sunscreen and altering programs to minimise sun exposure during the hottest part of the day. Personal flotation devices (life jackets) supplied by us and covered shoes must be worn when participating in all water sports, except for swimming.

Handy hint: Encourage your kids to wear sunscreen all year round.

Staying in touch at camp

Camp contact details

Point Wolstoncroft is on the foreshore of Lake Macquarie, about an hour's drive north of Sydney and a 45 minute drive south of Newcastle.

You are welcome to get in touch with your child by mail, email or fax while at camp. Please make sure you mark your child's name and school clearly on any communication.

Children are not encouraged to phone home, as it can contribute to homesickness.

Point Wolstoncroft Sport and Recreation

Kanangra Drive, Gwandalan NSW 2259

Fax: (02) 4976 2705

Email: pt.wolstoncroft@communities.nsw.gov.au

Accidents or emergencies

In case of emergencies, parents can contact students on (02) 4976 1666 from 8.30am to 5pm, Monday to Friday.

You will be contacted if medical conditions or other serious issues arise. Sick or injured campers are usually taken to Gwandalan Medical Centre or to Wyong or Belmont Hospitals after hours for assessment by a doctor if necessary.

Thinking about a family break or what to do for your kids during the holidays? Our 11 Sport and Recreation Centres across NSW offer Kids' Camps and Family Camps that are fun and great value. It's the perfect way to enjoy an outdoor adventure, try out new activities and have a go at old favourites. Find out more by calling 13 13 02 or visit www.dsr.nsw.gov.au