



21 October 2022

Year 7 Luther Heights, Coolum Beach 2023

Dear Parents and Carers

Year 7 students will be attending Luther Heights Camp at Coolum Beach in Term 1, 2023 from **Tuesday 31 January - Friday 3 February**. Camps at The Lakes College are a compulsory part of each student's wellbeing and identity formation.

Camp Survey

The camp information survey will help us ascertain your child's needs whilst they are on camp. TLC is committed to protecting the privacy of confidential information shared through the process, and that the information provided is only seen by the Head of Secondary and the Year Level Coordinator managing the day to day care of your child. The camp providers destroy all confidential information when it is no longer required. Families that **do not** provide current, relevant and personal healthcare information for their child, are placing them at risk of possible adverse outcomes. The survey will ask for permission to share all personal information with the camp providers.

- Click [link](#) to complete the survey.

Due dates

Please respond to the survey **by Friday 25 November** and **return the Medical Administration Form**, found at the bottom of this letter, on the **morning of the camp**.

Wellbeing outcomes

The Lakes College is committed to working in partnership with families when building resilient teens who will develop the skills required for their future. Aligning with our Strategic Horizon (found [here](#)) our camp has been designed to support the development of a sense of faith, hope, love, courage, community and justice. A recent study completed by Australian Camps Association states *"Camps have been shown to reduce anxiety, increase connection to school, increase connection to peers and increase efficacy, all strong markers of good mental health... Camp experiences focus on building interpersonal and intrapersonal skills such as independence, resilience, leadership, communication and respect for others."*

It is no secret that Year 7 is a period of great change which naturally brings about its own social, emotional and academic challenges. Camp brings about a range of experiences that allows students to develop the skills and connections required to thrive not only in Year 7, but throughout their entire Secondary experience. As the great American industrialist, Henry Ford, once stated *"Whether you think you can or you think you cannot, you're right."* Year 7 camp is all about showing students that they can.

The Lakes College

2 College Street, North Lakes Qld 4509 | PO Box 888 | North Lakes | Qld 4509

Phone: (07) 3491 5555 Email: info@thelakes.qld.edu.au

Web: www.thelakescollege.com.au

BELONGING.

BELIEVING.

BECOMING.

This is our **CHARACTER.**

This is *Who we are.*

Description of camp

Luther Heights is located at Coolum Beach on the Sunshine Coast and is set in 37 idyllic and private acres, just minutes from local beaches. Luther Heights offers unparalleled opportunities for students, with outdoor education programs focused on learning and play in a safe environment. They strive to stretch the imagination, build teamwork, confidence and trust through activities ranging from high, low and medium ropes, the giant twin line flying fox, raft building, spiritual ministry and creative development.

Year 7 Camp is a part of the Thriving Through Transition program and is placed at this time of the year in order to provide an opportunity to create a strong sense of belonging and connection as relationships are the foundation for learning success. New students are also being welcomed into the community and this provides an opportunity for the cohort to collectively begin forming an identity which they will carry through their education journey for years to come. It is this emphasis on identity and connection that has been at the forefront of all planning for this event.

Departure instructions

Students are required to arrive at The Lakes College in Car Park 1 (near the Administration Centre) no later than 7:15am to board the coaches and depart at 8:00am. On arrival students are to locate Mr Harry Ahrens to have their attendance marked. If your child needs to take any form of medication over the camp period, please print off the **Medical Form**, attached to this letter, and return the completed form and all medication in an **enclosed snap lock bag that is clearly labelled with your child's name** to their Year Level Coordinator, Mr Harry Ahrens, before boarding the bus.

Wellbeing issues, dietary requirements, food allergies and medication

The wellbeing of your child is The Lakes College staff's highest priority while all students are on camp. Therefore, it is necessary that all parents or care givers provide current information so that staff may provide this level of care. Information is collected to inform TLC and the camp providers on all matters relating to the wellbeing of your child to protect their safety.

Camp requirements

All students are to pack a growth mindset and respectful attitude, an open heart and mind and a willingness to build relationships with all their peers and to support each other through the challenges of the week. Students are also required to be familiar with the camp rules prior to attending. These will be provided by their Year Level Coordinator prior to the camp.

In addition: When choosing a bag or suitcase please ensure that it is not greater than 70cm x 50cm (medium sized) as there are space restrictions; and that the student can manage the movement of their own luggage.

Yours sincerely



Ms Madonna Potter
Deputy Head of Secondary



Mr Harry Ahrens
Year 7 Coordinator

Camp packing list

- Enough shorts for one per day
- Enough t-shirts for one per day
- Long sleeved shirt x 2 (minimum)
- Enough underwear and socks for 5 days
- Swimming togs and rashie/sun shirt
- Warm clothing for evenings (jumper and long pants)
- Rain jacket
- Pyjamas
- Joggers/sand shoes x 2 pairs (one pair will get wet)
- Thongs (for showering)
- Plastic bags for dirty clothes x 3 (minimum)
- Sleeping bag and pillow (in a pillowcase)
- Bath towel
- Swimming towel
- Water bottle x 2
- Broad brimmed hat
- Sunscreen
- Insect repellent
- Torch and fresh batteries
- Toiletries
- Talcum powder for chafing (walks to and from the beach may be uncomfortable)
- Insect repellent
- Sunglasses
- Pegs

**Please ensure that all clothing is sun-smart and clearly named.
All clothing choices must be modest, this includes short lengths and shirt necklines.**

No valuable, restricted or electronic items are allowed to be taken on camp.

Year 7 Camp – Luther Heights – 2023

Administration Route Complete and return to Mr Harry Ahrens on departure day with medication in a named zip-lock bag.					
School Name: The Lakes College					
Student Name:			Date of Birth: / /		
Allergies/Condition:			Year Level: _____ Medicare Number: _		
Please list all medications that your child requires during the camp.					
Name of medication	Strength (e.g. 10mg)	Dosage (e.g. 1 tablet)	Method of use (e.g. oral, via PEG)	Time/s to be given on camp	Other useful instructions or information

I hereby request that school staff administer the necessary medication to my child while on the excursion. I agree to notify the school, in writing, if there are any changes in the above medication.

Parent/Carer Print name:	
Signature:	Date:

STAFF USE: Administration of Medicine Record

Name of Medication	Dosage Given	Date	Time	Staff Dispensing Signature