

# Student Opportunity Week

## Duke of Ed - Silver

Dear Parents/Guardians,

Student Opportunity Week (SOW) provides an opportunity for students at NBCS to pursue an area of passion or interest, working with other students across Year Groups to overcome challenges and foster strong relationships. A wide variety of separate programs are being offered as part of Student Opportunity Week, including a variety of expeditions, experiences and projects. Student Opportunity Week will bring a new combination of programs each year, to allow students to experience a range of opportunities and challenges aligned with areas of passion and interest as they progress through the Secondary years.

It is expected that during Student Opportunity Week all students will conduct themselves in accordance with the 'Secondary Student Expectations 2019', which is available in the Download Centre of the Parent Portal, on the NBCS website.

### Duke of Ed – Silver:

This camp is for the Silver Duke of Edinburgh Award Scheme participants. On Monday 20 May, Students will participate in a planning/training session at Barrington Outdoor Adventure Centre on 20 May 2019 where they will plan their journey, arrange meeting points and times, develop a menu, gear list and safety/risk management strategies.

This camp is an incredible opportunity for students to learn all about trekking in the bush and pushing some of their physical and mental limits. Camping will be a challenging, relaxing, fun and exciting time with a great group of team mates. Teachers and instructors will support, guide, encourage and teach the students all kinds of hiking and camping skills. This camp allows the students to cover the requirements of either the practice or the test components of the Adventurous Journey, at the Silver level.

Please note that while the school contributes the majority of funds towards these activities, due to the expensive nature of this particular program, a \$150 surcharge is necessary.

**Day 1:** **Monday 20 May. Train from Hornsby to Gloucester**  
**AMENDMENT** Meet at 7:15am for a 7:47am departure on Monday 20 May, from Hornsby Railway Station. Meet at the top of the station, outside ticket office.  
Morning tea and lunch provided.

**Pick-up/release time:** **AMENDMENT 7:38pm on Thursday 23 May**, from Hornsby Station (release approval required)

**Food:** Day 1 (provided)  
Day 2 – 4: Students bring their own food as per Duke of Edinburgh requirements

**Cost:** \$150 per student to be billed to Term 2 School Fees

**Action Required:**

1. Complete and **return the attached UPDATED Permission Form to Student Reception ASAP.**
2. Complete the **Barrington Outdoor Education online registration and medical information:**
  - a. Enter the following URL into your browser:  
<https://www.outdooreducation.net.au/nbcshike2019.html>
  - b. The webpage displays 'Northern Beaches Christian School Outdoor Education Program', Scroll down to click on link 'Complete Medical & Consent Form Online Now'
3. An Equipment List / Packing List is available at this URL as well. Please note that you can purchase gear from Barrington River Lodge by visiting their online store [www.ragear.com.au](http://www.ragear.com.au) where a number of suitable items have been marked as school specials.  
Please note that one of the purposes of the camp is to allow students to learn about themselves by testing them beyond their comfort zone. Having the correct equipment allows them to get the full experience without making it too demanding. The correct equipment also adds to their personal safety and comfort.  
It is important to remember that at times students may experience adverse weather conditions with little shelter and depending on the level of activity they choose, they may also be required to carry all their equipment on an extended hike. For this reason, students are advised to closely follow the equipment guidelines and refrain from packing excess or inappropriate equipment. Personal experience tells us that having appropriate equipment adds to the enjoyment, but experience also tells us that some of this equipment can be very expensive. If camping or trekking is going to be prominent in the future it may be worth investing in quality gear and building up a collection over time. However, if this is not the case, less expensive alternatives often suffice. Some of the items may well be borrowed e.g. wet weather jacket.
4. Barrington Outdoor Education advises parents/guardians to visit this URL site again just before camp, to check for any updated information.

**If medical condition changes after online registration:**

Barrington Outdoor Adventure Centre (BOAC) requests that the parent directly informs BOAC of any change in the medical condition of your child, if a change occurs after you have completed all the BOAC online Medical Information. If this situation arises, please notify BOAC via email [office@boac.com.au](mailto:office@boac.com.au)

**Medication:**

All medication taken on camp must be clearly labelled with the student's name and shown to the teacher in charge of the camp before departure. In addition, if there are any changes to medication after submitting the camp form, please notify us with all relevant details at [sow@nbcns.nsw.edu.au](mailto:sow@nbcns.nsw.edu.au)

This letter and the Duke of Ed - Silver Permission Form are also at <https://sow.nbcns.nsw.edu.au/program/>

We are looking forward to a great week!

Kind regards,

**Chris Woldhuis**

Assistant Principal: Co-Curricular

**DUKE OF ED - SILVER PERMISSION FORM**

**Complete and return this Form to NBCS Student Reception.**

**RISK WARNING**

Northern Beaches Christian School (NBCS) organises many activities associated with Student Opportunities in both on and off campus locations during the course of a year. Some of these are organised by NBCS and others in conjunction with external providers. Students participating in these opportunities, whether residential or day programs, undertake a number of activities, depending on the age of the student, and the location of the camps.

NBCS and these organisations expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended, and by behaving in a safe and responsible manner towards their fellow students, teachers, instructors, supervisors, property and grounds. While NBCS, and external providers take measures to make the activities and accommodation (hostels, camping, site dormitories) as safe as possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these activities.

Injury can occur while the student is engaging in or watching others participate in activities, or travelling to and from the camp or the activities. The injury may result from a student's actions, the actions of others or equipment failure. On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in the activities, as outlined in the program overview, could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

I give permission for my son/daughter \_\_\_\_\_ of Year \_\_\_\_\_ to participate in the **Duke of Ed - Silver**, from 20 May 2019 to 23 May 2019.

- I understand that a fee of \$150 will be charged to my Term 2 School Fees
- I understand that all School Fees must be up to date to attend this camp
- I have submitted the Barrington Outdoor Education forms online
- I have read and understood the Risk Warning

**Parent/Guardian Name:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_/\_\_\_/2019

I give permission for my child to be released from Hornsby Station at the conclusion of the hike to make their own way home via public transport.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_/\_\_\_/2019