

Room 15 Marahau Camp 10th March – 15th March 2013

Room 15 is the final class to head off to Marahau this year. We will be staying at the Marahau Outdoor Education Centre, which is situated in the world famous Abel Tasman National Park.

THE COST

The cost of this camp will be \$200. The money will cover all activities and accommodation at Marahau as listed below.

Accommodation (5 nights at \$8.00)	\$40.00
Bus (to and from Ngarua Caves, return to school)	\$36.00
Abseiling	\$15.00
Paddleboarding	\$25.00
Food	\$45.00
Water Taxi (from Anchorage back to camp)	\$15.00
Ngarua Caves	\$ 7.00
Parent Costs (accommodation, water taxi, caves. 6 parents at \$70.00)	\$17.00

Please could this be paid as soon as possible. This can be paid in instalments. If this is going to be a serious financial difficulty, please contact Mr Mike Burton. The school back account details are 12-3165-0072145-00. Please put your child's surname and 'snr camp' in the reference details.

GETTING TO CAMP

We ask that parents bring their child to Marahau on the Sunday evening where we invite you to join together for a picnic tea and swim. That way you can see where the children will be for the week and it is a nice way to say goodbye. Parents arrive at approximately 5:30 and ***leave by 7:30 please. If you are unable to take your child across to Marahau please arrange transport with a fellow class member.***

N.B. Your child will require food from home for the Sunday night meal.

WHAT TO BRING (these will also be written on your equipment list which will be sent with the next letter)

Please note that students must bring the following items (named)

- 2 plates (dinner and dessert)**
- fork, knife, spoon, cup**
- lunchbox**
- drink bottle**
- tea towel (on arrival to camp these are to be brought to the kitchen and stored there for the week)**
- spread (for toast)**
- contribution for morning/afternoon teas (home baking definitely tends to go further) or biscuits**
- contribution for disco (i.e. a treat), Under no circumstances is food to be kept in the dormitories.**

SLEEPING ARRANGEMENTS

There are three dormitories where everyone will sleep. One for the boys, one for girls and one for the parents helpers. Girls are not to go into the boys dorms and girls are not to go into the boys dorms. Each dormitory as separate sleeping sections which sleep either two or four children. Children will be allowed to choose where they sleep (providing there are no problems during the week). There will be strictly no talking after lights out as children will need to ensure they get enough sleep to keep up with all camp activities. Students and parents are welcome to bring tents. There is an area beside the dorms where tents can be slept in. Some parents may prefer this over the dormitories.

CAMP ACTIVITIES

Below is an outline of planned activities.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	wake up, breakfast, prepared for day, camps chores				
	Group Rotations (8:30 - 2:30) 1. Paddleboarding 2. Kayaking 3. Task	Day walk to Anchorage (return on ferries)	Abseiling at Breakers Bay Swimming/ Sandcastles	Day trip to caves (buses)	Camp clean up (swimmers leaving early)
	LUNCH AT CAMP		LUNCH AT CAMP		LUNCH AT CAMP
Arrive at camp (5pm) /picnic dinner with families	▼	PACKED LUNCH	Beach Challenge	PACKED LUNCH	Return to school (bus leaves at 1pm)
	Swimming/ Camp diaries				
	Camp time with friends/groups				
Night walk?	Beach camp fire? Trust Activities	Outdoor Movie	Talent Quest	Disco	

Abseiling

Mr Shane Barron will be taking the children for abseiling. He is employed by the Nelson Fire Brigade and is the abseiling instructor for the Fire Brigade and winch operator for the Search and Rescue team/helicopter. He is fully qualified to take the students for abseiling and has achieved 100% success rates on our previous camps.

Paddle Boarding

Kelvin Ellis from Abel Tasman Paddleboarding and another instructor will take the students for paddleboarding on Monday. All instructors are Surfing NZ qualified and are the only Surfing New Zealand and International Surfing Association accredited school in the Nelson Region. All equipment will be provided (personal floatation devices, rash vests for sun protection, paddles, boards and legropes) although students are welcome to bring their own PFD/lifejacket if they wish.

Students will be in small groups for a two hour session which includes safely bridging and skills development, on water training and drills, guided learning, advanced development and fun games. At the end of this session students will be able to competently and confidently handle a stand-up paddleboard on their own, will be thoroughly worn out and have huge smiles on their faces!

Anchorage Walk

On Tuesday we will walk to Anchorage where we will swim, eat our packed lunch and enjoy the magnificent Abel Tasman National Park. The walk is roughly four hours and we will catch ferries back to Marahau later in the afternoon.

Ngarua Caves

On Thursday we will take a bus to the beautiful Ngarua Caves. The caves are 300 metres of an extensive variety of Stalactites and Stalagmites and an excellent display of the extinct Moa. Situated on the Marble Mountain we will experience the caves and take in the spectacular views of Tasman Bay and the surrounding Karst landscape. We will have a packed lunch during the outing and return to camp mid-afternoon.

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PLEASE READ AND COMPLETE THIS FORM AND RETURN TO SCHOOL BY FRIDAY 22ND FEBRUARY. I WILL COLLABORATE THE INFORMATION AND SEND ANOTHER FORM WITH ALL THESE DETAILS FOR YOUR REFERENCE.

Student Name: _____ Parent Name: _____ Contact Phone Number: _____

PARENT HELP

This camp wouldn't be possible without the help of parents. We will need parents who are available for the week and others who would just be willing to stay one or two nights. We also need parents to come over for a couple of day trips. If you are able to help with this please indicate this by ticking all relevant boxes and I will be in touch to discuss this further. (Details of each days activities are further down the page).

Wednesday – Day trip to Kaiteriteri (8:30 – 2ish)

On Wednesday we will go over to Breakers Bay, Kaiteriteri where students will abseil with Shane Barron, a fully qualified abseiling instructor. We would be grateful to parents who are available to spend the day with us at this venue, to provide transport and to support to the activity providers. This will allow you to see a slice of the camp programme and for you to touch base with your child.

Overnight helper – available to stay for the week

Overnight helper – available to stay on the following night/s _____

Day helper - available to help on the following day/s _____

If you are considering offering your services as a camp helper, please understand your role is one of support, both to the students and to myself. I will take responsibility for the behaviour of the students. If you are considering coming to camp please indicate your preferred days above. It's fine to 'job share' with partners/husbands/wives. Please indicate whether you have a current first aid certificate or nursing experience, or special skills e.g. kayaking, survival skills etc. I will be contact you to discuss this further and advise you via a camp newsletter who the parents assisting on camp will be.

I have the following skills to offer (e.g.) kayaking, strong swimmer, cooking, previous camps...

Do you have a current first aid certificate or nursing experience? Yes / No

While I am on camp I can provide transport for _____ students with seatbelts in a vehicle with a current warrant of fitness.

FOOD/MEALS

Below is the list of food items we will need to purchase for camp. If you are able to *donate* any of these or are able to source these at a cheaper rate please could indicate on the reply slip. (i.e. if able to donate one Weetbix please record this in the second column and those items will be removed from the grocery list).

REQUIRED AT CAMPS	OUR FAMILY CAN PROVIDE.....
2 x Weetbix (medium size)	
4 x cornflakes	
3 x Ricles	
4 x 800 gram tins spaghetti	
3 x 800 gram tins baked beans	
2 x 800 gram tins pears	
12 x 800 gram tins peaches	
3 x 800 gram tins (or equivalent) pineapple	
3 x 800 gram tins (or equivalent) fruit salad	
tinned apples for apple crumble, enough to feed 27 kids and + 6+ adults	
salt and pepper	
sugar – 1.5 kg	
flour- 3 kg	
2 x tinfoil (for garlic bread)	
dish cloths (2)	
3 packets plunger coffee (Hummingbird, Kilimanjaro), 1 packet instant (good quality)	
tea bags – 60 English Breakfast, 30 Earl Grey	
5 x packets of milo	
cooking oil (small)	
1 large (or 2 small) mayonnaise dressing	
1 large (or 2 small) coleslaw dressing	
1 large tomato sauce	
3 golden syrup (easy pour)	
3 maple syrup (easy pour)	
Polypads	
1 dish brush	
2 x 60m gladwrap	
Jiff cleaner	
Matches	
little packets of chips – (enough for 90)	
4 packets of Barley Sugars	
4 large blocks of chocolate	
3 tins red beet	
8 dozen eggs	
8 large x fizzy drinks	
paper towels	

rubber gloves	
8 large bags tortilla chips	
4 nacho flavouring	
6 tins kidney/refried beans	
80 Muesli Bars	
1 jar crushed garlic	
4 x chocolate instant pudding	
8 x 2 L ice-cream	
8 x jelly	
2 x chocolate sauce	
10 x cracker biscuits	
4 x Pancake mix (in plastic shake bottles)	
Perishables	
Bread 10 toast, 10 sandwich (mixed wholemeal and white)	
100 bread rolls	
50 hamburger buns	
12 French bread	
9 x 750 grams cheese	
Milk 20 x 2L Light Blue 1x 2L Yellow	
cream 1 large	
margarine x 4	
butter x 2	
yoghurt 4 x large pottles (flavoured)	
2 x large sour cream	
Vegetables	
5 kg potatoes	
2 cabbage	
2 kg carrots	
10 lettuce	
1 x 10 kg box tomatoes	
4 cucumber	
6 x large red onions	
Fruit	
80 nectarines (or any similar)	
1 carton apples	
1 carton oranges	
1 box bananas	
Meat	
Hamburgers - 60 hamburger patties (pre-made)	
60 sausages	
\$ 20.00 shaved ham	
Luncheon sausage (approx 100 pieces)	
40 saveloys	
8 kgs mince for nachos	
crumbed fish (Sealords)	

In the past, parents have offered to make the pre-prepared food in large foil containers. This is a significant help to all on camp and is very much appreciated. If you feel you are able to assist us in this way, please could you indicate below. Thank you

I AM ABLE TO ASSIST BY MAKING:

- lasagne (we will need 3 **large** foil containers of lasagne total)
- macaroni cheese (we will need 3 **large** foil containers)
- nacho mince mixture (large foil container - 3 total)
- apple crumble (large foil container - 3 total)

Please could food other than that being eaten on the first day be frozen and brought to camp.

- I would like the ingredients for the above provided
- I will provide the ingredients (as a donation)

I am able to assist by

- gathering the groceries, meat or fruit and vegies (a list will be provided)
- transporting food to camp on Sunday
- supplying chilly bins for transporting frozen food to camp on Sunday

I am able to donate the following not listed above

WE ARE MOST APPRECIATIVE OF YOUR GENEROSITY AS THIS ENABLES US TO KEEP OUR COSTS TO A MINIMUM.

I am able to source the following food at special rates e.g. ice cream.,fish ..

Camp Menu					
	Monday 11 th March	Tuesday 12 th March	Wednesday 13 th March	Thursday 14 th March	Friday 15 th March
Breakfast	Cornflakes/Rice Bubbles/Weetbix		Fruit	Toast /Spreads	
Snack	Biscuits/ fruit	Muesli bar/chips	Biscuits/ fruit	Muesli bar/chips	Biscuits/ fruit
Lunch	Macaroni Cheese or Sandwiches	Bread rolls (luncheon/shaved ham, lettuce, tomato,cheese, egg) Fruit/Muesli Bar	Spaghetti / Baked Beans on Toast or Sandwiches Fruit	Bread rolls (luncheon/shaved ham, lettuce, tomato,cheese, egg) Fruit/Muesli Bar	Saveloys in bread Leftovers
Snacks	Biscuits Fruit Juice/Water	Biscuits Fruit Juice/Water	Biscuits Fruit Juice/Water	Biscuits Fruit Juice/Water	
Dinner	Hamburgers Meat patties salad- (lettuce, tomato, cheese, cucumber egg, beetroot)	Lasagne Potatoes Salad/Coleslaw Garlic bread	Nachos Salad/Coleslaw	Barbecue sausages / fish Bread Salad/Coleslaw	
Dessert	Instant Pudding Fruit Salad Ice Cream	Apple Crumble Cream/Ice Cream	Jelly Ice Cream Fruit Salad	Fruit Salad Ice Cream Chocolate Sauce	
Supper	Milo / fruit	Milo / fruit	Milo / fruit	Milo/Disco Food	

Student Name: _____ Parent Name: _____ Contact Phone Number: _____

Your opinion please

There is no need to take money to spend at the shop. agree / disagree (circle one).

Students should be able to take sweets to camp. agree / disagree (circle one).

ADDITIONAL INFORMATION

Please note any relevant information about your child's.....

1. Dietary needs (allergies, vegetarian etc)

2. Other Allergies (bees etc) and requirements

3. Medications

Any further: comments, relevant information or questions?

Camp Equipment Checklist

Clothing

- waterproof jacket
- 1 warm jersey
- 1 sweatshirt
- 3 pairs of shorts
- 2 pair tracksuit/trousers
- 5 light shirts / t-shirts
- 2 pairs of comfortable socks
- 5 changes of underwear
- 1 pair of pyjamas / nightie
- 1 pair of footwear (for tramping)
- 1 extra pair of shoes suitable sport
- 1 pair of jandals / sandals
- Swimming togs

Equipment and other requirements

- sleeping bag
- pillow/pillow case
- 1 sun hat
- 3 towels (2 for beach use)
- Toilet gear (named)
- 1 named lunch box & drink bottle**
- 2 large plastic bags for dirty clothing and gear
- Torch, plus spare batteries
- Pens and Camp Book
- Book to read
- Knife, fork and spoon
- 1 plastic / aluminium plate, dessert plate and cup
- First Aid Kit: a few bandages / one bandage / insect repellent
- Sunscreen/ Body and lip please
- Day backpack for tramp
- personal medication
- 4 supermarket bags (for wet clothes, washing, rubbish etc)
- 1 named tea towel (essential to name if you want it to come home)
- 5 pegs

Food

- 1 packet of / (or home made) biscuits or slice
- 1 spread for toast
- 1 treat for the disco (preferably not lollies)

Optional Extras

- Wetsuit (great if possible)
- Camera
- Sunglasses
- board games/cards/DVD/CDs
- tents, bedrolls

Please name all gear.

Pack everything in a suitable bag / pack which can be securely fastened.

As part of your camp equipment list you are asked to bring a small camp diary. Please remember to bring this. It can be one you make yourself or a notebook or similar about the size of your technology book (1A4). Please decorate it with a camp theme and name it.

**Camp Address: Marahau Outdoor
Education
Centre,
Marahau RD2**

N.B. There are to be no sweets other than those distributed by the teacher from camp supplies. Pocket money is not required as there will be no access to shops for students. Camp parents will have access to cafe and shop.

Bring kind words, a loving heart, good manners and a positive attitude.

