



Te Kura o Puhinui  
Warkworth School



## Kauri (C5) Camp, Marsden Bay 3 - 5 April, Final Camp Notice

25 March 2024

Dear Parents and Caregivers

With just one week to go until we leave for camp, it's time to share some final, important information:

### CAMP FORMS AND DONATIONS

All camp forms and camp donations are now due.

### DEPARTURE TIMES

We will depart Warkworth School on **Wednesday 3 April at 9:30am. Please arrive at 8:30am.** Please do not park in the bus bay. All children should come straight to the Senior Hall with their 'big bag' and 'day pack' (school bag), with a packed lunch and drink bottle.

### RETURN TIMES

We aim to return on **Friday 5 April at approximately 2:30pm.** This will be dependent on traffic. We will update the office if there is a delay due to any unforeseen circumstances. The office will then communicate with families. We will wait with all students until they are collected from school.

### MORNING/AFTERNOON TEA

We would appreciate a donation of morning/afternoon tea from each of our families if you are able to contribute. Please bring these to the school hall as you arrive on Wednesday, where we will have large boxes ready for storage. Please note the following allocation:

501 - fruit

502 - sweet snacks (no nuts please)

503 - savoury snacks (no nuts please)

### Checklist for the morning of camp:

I have everything on the gear list (a sunhat and a raincoat in daypacks is essential).

My belongings are all clearly named.

My items are put in the correct bag (e.g. day pack, big bag).

I am wearing sneakers/closed-in shoes.

If I have long hair, it is tied back.

*The best hairstyle for long hair is a plait or plaits as you will need to be wearing a helmet for certain activities.*

I have a full lunch box and bottle of water in my day pack.

*All lunch food needs to be put in a lunch box or ice cream container as we will use these lunchboxes for making and packing lunch at camp. Wrapping of food items is preferred otherwise we have to wash out all lunch boxes each day.*





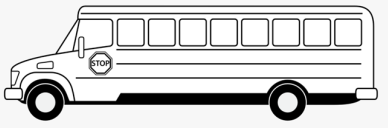

I have some home baking or a bag of fruit to share.

I have any medication that I need.

*All medication must be placed in a clear plastic bag and be clearly labelled with your child's name, guardian group number, dosage and what it is for. Students with dietary requirements or allergies who are bringing their own food for meals should bring their food in a named chilly bag.*

Please add a personal supply of **lip balm to the gear list**. We spend a lot of time outdoors and find this is an essential item for dry, cracked lips.

### What to do on Monday morning:

		
<p>Arrive at school at 8.30am and go to the Senior Hall.</p>	<p>Put your home baking or bag of fruit in the boxes provided.</p>	<p>Give any medication or special food to Mrs Hayley Thomas.</p>
		
<p>Sit with your Bus Buddy in your bus line, inside the hall, with your day pack and big bag beside you.</p>	<p>We will leave Warkworth School at 9.30am am.</p>	<p>Sit back, relax, and prepare to have a fantastic adventure together!</p>

### Photos

Each day at camp, we will capture as many 'action shots' of our students as possible, and share them with you via a private 'Google Photos' link. These are not to be shared with anyone else. This way, you will be able to see what your child has been up to during their camp experience, almost as it is happening. Please let us know if you **do not** wish your child to be included in these photos.

### Emergency Contacts

If you have an emergency situation while we are away on camp and it is essential that you make contact with your child, you must contact the school first and they will contact us. If it is after school hours, please contact Marsden Bay Christian Camp on (09) 433 0167.

Thank you for your support!

Kauri (C5) teachers

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## Keeping Cool for School Camp:

Taken from: <https://www.childpsychologist.com.au/resources/keeping-cool-for-school-camp>

School camps and sleepovers are important steps to your child gaining their independence, but for some kids and their parents, this potentially positive experience can be riddled with anxiety. Thankfully, effective strategies resolve some of the most common concerns around sleeping away from home or without the comfort of family.

### Why can overnight school camps seem scary?

Just like anything new, overnight trips present children with a series of unknowns. These can range from primal concerns around their safety to social concerns about fitting in and getting along with peers to practical concerns like whether they will remember everything or pack the right things. Knowing the main theme of your child's concern will be the first step in assisting them to feel more confident.

### Strategies for parents of first-time school campers.

Overall, the main goal for parents is to focus on positives. Think about what your child has to gain from this experience. It is very likely to be a great opportunity to establish new friendships, participate in hands-on learning experiences and, importantly, gain a sense of independence outside of the family network. The following considerations and tips may be helpful for parents:

- Are you yourself anxious? In preparation, it is important to check how you are feeling, yourself. What are you worried about as a parent? How are you addressing these concerns? In these times, if you are worried, you are more likely to present as flustered and somewhat erratic. This can heighten anxiety in young children, who could interpret camp as something to be concerned about. It is important to manage your own anxiety first.
- Homesickness chat. This is a big one! You may have experienced some separation anxiety with your child in the early years when beginning preschool. This experience is quite relatable in that it is an unknown situation. If your child is worried, they may miss home too much to enjoy themselves; an easy fix can be to have your child bring an important item from home that can easily be popped in their bag.
- Pack together. Make it fun! Often camps will provide you with a list of required items. Turn packing into a game, such as collecting the required items as if on a scavenger hunt. Further to this, make sure you do not leave packing to the last minute. Think of the classic saying 'failing to prepare is preparing to fail'; packing ahead of time will allow you to make any last trips to the shops if required.
- Reduce the sense of the 'unknown'. Talk about what to expect and perhaps see if you can get a rough schedule for the camp. Where possible, make a rooming request with teachers/staff if the child is not given the option. Note, at Warkworth School, all this information is shared with students, prior to camp.
- Share your own positive experiences. Simply talking with your child about your good experiences on camp may help to ease the fear of the unknown further. It is okay to talk about experiences that also didn't turn out too well. However, it is important to emphasise the learning that came out of that experience.
- Normalise that some anxiety is okay. It is always important to emphasise that all feelings we experience are normal and good, and part of our body looking after us. Holding onto anxious feelings is not helpful in the long term, however. Help your children to recognise when they don't feel good, and to challenge an unhelpful feeling with a helpful thought or saying to themselves, for instance, "I'm feeling nervous, but I know I'll have a great time with my friends on camp".

- Account for any travel sickness or dietary needs in advance. As parents, you know what your child can and cannot handle. It is important to make staff aware of any accommodations that need to occur to help mitigate the likelihood of any predictable problems.

### **Strategies to Enhance your Child's Confidence during School Camp**

While there is a lot you can do to put your child at ease, they must know how to be present and manage their anxiety while they are at camp without you. Teach your child to:

- Ease physical tension. When we are anxious, our body responds physically. Stress hormones such as cortisol and adrenaline can linger and perpetuate negative feelings. Practising relaxation techniques at home will help your child to self-soothe while away. Examples include deep breathing and muscle relaxation.
- Worry diary. If something is bothering your child, encourage them to write it down in a journal, and leave the thoughts there until they are at home again.
- For the night-owls. If there is a certain item at home that helps your child get to sleep, let them take it to camp to help put them at ease. If your child seems embarrassed about having a comfort toy at camp, you could find a small precious object to pop under their pillow instead. A drawing/portrait of the toy or letter (perhaps even written in the voice of their special toy) are also good substitutes.
- Practice talking to staff. If your child requires assistance, they may often feel too anxious to tell someone about it because they do not want to get into trouble or bother anyone. Practice at home ways to approach and engage with staff or get their attention. This can be practised with regards to how to complete activities if a peer is unkind when feeling homesick, or where to get their special dietary food from.

*Having experienced my own child suffer from anxiety around camp, we also gave him something to look forward to when he returned home from camp e.g. his choice of dinner, a movie night in the lounge, or a visit to his favourite Aunty in Auckland. This was a sort of reward to say, 'we're so proud of you for going on camp', and it gave him something to focus on and look forward to while he was away from us.*

I hope this information is helpful as you prepare to set your child up for a very successful camp experience.

Regards

Bex Thompson  
Kauri C5 Team Leader