



PLUMPTON PUBLIC SCHOOL

33 Bottles Road, Plumpton NSW 2761
T: 9832 2466 or 9832 2477
E: plumpton-p.school@det.nsw.edu.au



25/07/2019

Year 5 Camp at Teen Ranch 2019 – Activities and Items to bring

Dear Parents/Carers,

A list of activities and a brief description, provided by Teen Ranch, are as followed:

Horse Riding – The following aspects are incorporated into a horse riding session: safety when dealing with horses, grooming, and basic riding instruction within the corral (no trail rides). This activity seeks to create a safe and fun environment which will increase the confidence of participants around horses as well as providing the opportunity for improving horsemanship skills.

Canoeing – The aim of this activity is to instruct the participants in the basic aspects of canoeing and to provide the opportunity for them to experience canoeing in a safe and supervised environment. The activity seeks to improve participants' confidence around water while equipping them with the motor and technical skills required for canoeing.

Giant Swing – The participant is seated in a customized harness and suspended by four 10m cables. A crowd haul system is used to raise them. The participant activates a self-release mechanism to begin the swing. This activity develops skills in assessing risk, decision making and working as a team, as well as being a lot of fun!

Challenge Course – Purpose built in native bushland, the challenge course is designed to develop different facets of teambuilding. It involves a series of exciting initiative challenges in which the participants cannot solve each problem unless they work together as a team. Communication, coordination, lateral thinking and trust are just a few of the qualities developed as participants progress through the course.

Please note – Activities outlined are subject to weather and may be changed accordingly. Alternate activities include: rock climbing, archery, bush skills and crate climb.

In the evening students will play games run by Teen Ranch staff.



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WHAT TO BRING ON CAMP:

- All bedding, bottom sheet and pillow, plus either sleeping bag or doona
- Enclosed shoes
- Casual clothes including T-shirts (not singlets)
- Pyjamas
- Old clothes and old footwear for canoeing (clothes may get wet)
- Long pants or tracksuit pants for horse riding
- Raincoat or waterproof jacket (in case of wet weather)
- Warm clothes (it could get very cold)
- Towel x 2
- Toiletries (toothbrush, toothpaste, soap etc.)
- Water bottle
- Hat
- Torch (if you have one)

OPTIONAL:

- Pocket money for souvenirs and snack shop
- Students are allowed to bring **one** packet of lollies and a bag of chips (not for sharing)

DO NOT BRING:

- Mobile Phones, Laptops, iPads, Tablets etc.
- Jewellery
- Speakers, iPods, mp3 players
- Scooters, Skateboards
- Nuts, food items containing nuts

Contacting your child on camp (in case of emergency):

If there is an urgent matter and you need to contact your child whilst on camp, please phone the school on **9832 2466** (during school hours) or **0412 211 629** (after school hours – please use only if necessary). If there is a matter that requires us to contact you regarding your child, a teacher will phone the emergency contact provided.

If you have any questions about activities or items required for camp, please do not hesitate to ask.

Thank you,

Mr L Robinson
Assistant Principal

Ms M Larkin
Principal