



Year 7 Camp - Toolangi

Dear parents / carers,

The Year 7 Camp is an important part of your child's transition to secondary school. The theme of the camp is **TEAMWORK**. Students will work on a number of activities within a team environment. The aim of the camp is to build their confidence, leadership and communication skills whilst making new friendships in a positive and supportive environment. The program includes activities such as group challenges, walks and much more.

Please read the attached information carefully to ensure you are properly informed. If you have any questions, please don't hesitate to contact Flora Moraitis.

Kind regards,

Flora Moraitis
Head of Junior School
Flora.Moraitis@education.vic.gov.au

WHAT TO BRING TO CAMP!

- All belongings brought to camp must be clearly labelled with the student's name.
- Mullauna College and the camp accept no responsibility for valuables that are lost, damaged or stolen.
- Please pack belongings into one medium size bag. Big bags/cases won't fit into the bus luggage hold.

Students are required to bring the following:

- ☒ 2 pairs of long pants (tracksuit/jeans)
- ☒ 2 pairs of shorts
- ☒ 3 T shirts (no singlets)
- ☒ 2 jumpers/windcheaters
- ☒ 4 pairs of socks and underwear
- ☒ Waterproof coat
- ☒ Something to sleep in
- ☒ Bathers
- ☒ A pair of good runners (preferably not Volleys)
- ☒ A pair of thongs for showering
- ☒ An old pair of covered shoes that can get wet
- ☒ A set of old clothes that can get wet
- ☒ Sleeping Bag (or sheet and doona)
- ☒ Pillow (with pillowcase)
- ☒ 2 Towels (one for showering/one for beach)
- ☒ Toiletries (toothbrush/toothpaste/soap/hair brush/etc)
- ☒ Watch
- ☒ Hat
- ☒ Drink bottle (at least 600 ml and clearly named)
- ☒ Torch (with new batteries)
- ☒ Plastic bag for dirty clothes
- ☒ Pencil Case (with pens/coloured pencils/highlighters)

Students should NOT bring the following:

- ☒ Electrical devices such as ipods, mobile phones, MP3 players
- ☒ Money
- ☒ Valuables
- ☒ Food (other than snack for day 1)

CATERING FOR PEOPLE WITH DIETARY REQUIREMENTS



PARENT INFORMATION GUIDE

PURPOSE

At Camp Toolangi, we understand that catering for people with dietary requirements is an essential part of our catering service. We believe that in order to successfully cater for people with special dietary requirements education, information, communication, and safe food handling practises are a priority.

BACKGROUND

Dietary requirements could be for religious, lifestyle or medical reasons – whichever the case they should be treated with respect and understanding.

Allergic reactions can be serious and in the worst-case scenario life threatening. Camp Toolangi understands that each person can be different with what they can and can't eat and flexibility is required to meet each individual's needs.

PROCEDURE

It is the responsibility of school staff to ensure all information regarding dietary requirements is submitted to the camp no later than 2 weeks prior to the camp. Receiving this information from schools early is vital to our catering team to ensure we have adequate time to prepare our menus and source all supplementary items that might be required.

Camp Toolangi will provide all schools with our dietary requirements form to ensure this information is communicated.

If an individual's dietary requirement information is not provided to the school or received by Camp Toolangi prior to arrival every effort will be made by camp staff to cater for the individual however no guarantees can be made.

Parents or individuals are requested to be very specific when providing the details regarding dietary requirements to your school. For example - Allergic to whole peanuts but can have items marked with may contain traces of nuts - Allergic to raw and whole cooked egg but can have it cooked in muffins and cakes

Menu items may be altered slightly (when required) on the main camp menu to suit dietary requirements, for example gluten free pasta for coeliac, or soy ice cream for lactose free.

Camp Toolangi will make every effort to provide supplementary items as close to the original menu item as possible however for more complex dietary requirements this may not be possible and an alternative meal may be provided.

All individuals with dietary requirements will be served first at meals to ensure no cross-contamination.

It is the responsibility of the school staff to work with the Camp Toolangi catering team to ensure all individuals with dietary requirements receive the correct meals.

Camp Toolangi is a nut aware organisation and we do not stock whole nuts or items containing nuts however some of our menu items may contain ingredients that list "may contain traces of nuts" or "manufactured on machinery that may contain traces of nuts" by the manufacture.