



BINGARA CENTRAL SCHOOL

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Stage 5 Sydney Excursion

Dear Parents/Guardians,

As you may be aware, preparations are well underway for the Stage 5 Sydney excursion. Students have been working hard to fundraise to ensure cost can be kept to a minimum. The timetable for the week is still being finalised, however, the draft timetable is attached. Please note a final timetable will be distributed towards the end of the term.

Below are the main details for the excursion.

Departure Date & Time: Monday 9 October at 6:00am.

Return Date & Time: Friday 13 September at approximately 4:00pm

Accommodation: The Village Hostel, 203 Cleveland Street, Surry Hills NSW 2010. Students will be under the direct supervision of Mr Mill, Mrs Ferguson and Mrs Boyle for the duration of the week.

Uniform: Students will be required to wear appropriate plain clothes and have their full school uniform for their tour of Parliament House. Please see attached a checklist of items to bring on the excursion.

Cost: \$600 – This includes all transport, accommodation, activity costs as well as the following meals:

(If there are any problems meeting the above costs, please contact me at school to discuss possible arrangements. Payment plans can be created to reduce the financial burden on families)

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Provided	Provided	Provided	Provided
Lunch	Students purchase or bring their own.	Provided	Provided	Provided	Students purchase their own.
Dinner	Provided	Provided	Students purchase their own. Fish and Chips at Darling Harbour	Students purchase their own. Chinatown	
Snacks & Fruit	Students purchase or bring their own.	Provided	Provided	Provided	

In the event of any unacceptable indiscretion/ misbehaviour by students, the school will be contacted about the matter and the student/s will be asked to return home immediately at the parents' expense. Arrangements for transporting the student home will be the responsibility of the parent.

Please ensure you fill out the attached permission note, medical forms and behavioural contract and return to school by Friday 25 August 2023.

If you have any questions, please do not hesitate to contact me at school on 67241606 or email Charles.mill6@det.nsw.edu.au

Charles Mill
Stage 5 Year Advisor

Brooke Wall
Principal

8 August 2023

Behavioural Contract

To ensure we maintain the qualities reflective of a Bingara Central School Student throughout our time away in Sydney I agree to the following conditions:

- There is no alcohol or smoking at any time whilst away at Sydney.
- There are separate male and female areas and students are only permitted in their designated area. There are plenty of opportunities to socialise during our time at Sydney without breaking this rule.
- All people and their belongings are to be respected.
- Follow the instructions given by all teachers and staff and seek permission before leaving the group or activity.
- All students will participate in all activities as directed by staff.
- Take pride in your appearance and behaviour. Unacceptable behaviour will not be tolerated and it is unnecessary.
- Your team and group come first.
- Any valuables can be given to Mr Mill, Mrs Ferguson or Mrs Boyle (at your own risk)

STUDENT NAME: _____

Parent/Guardian Signature: _____ Date: _____

Student Signature: _____ Date: _____

2023 Stage 5 Sydney Excursion Organisation

Staff Attending: Charlie Mill, Monica Ferguson and Fiona Boyle.

Draft Timetable of Events:

Monday 9th October	Time	Event/ Activity	Dress Required
	6:00am	Depart Bingara Central School	Plain clothes
	12:00pm	Lunch @ Twin Service Stations	
	3:00pm	Maritime Museum	
	6:00pm	Check into accommodation	
	7:00pm	Dinner	
	9:30pm	Bed	
	10:00pm	Lights out	
Tuesday 10th October	7:00am – 8:00am	Breakfast & Pack Lunches	Full Bingara Central School Uniform.
	8:30am	Depart Accommodation	
	9:00am – 10:30am	The Mint	
	11:30am – 1:00pm	Parliament House	
	1:30pm – 5:30pm	Sydney Harbour Bridge Climb	
	5:30pm	Return to Accommodation	
	6:30pm	Dinner	
	10:00pm	Lights Out	
Wednesday 11th October	7:00am	Breakfast	Plain Clothes
	7:30am – 8:00am	Pack lunches and clean rooms	
	9:00am – 12:00pm	Jewish Museum	
	12:30pm – 1:00pm	Lunch Bondi Beach	
	1:00pm – 3:00pm	Bondi Surf Lessons	
	5:00pm	Dinner – Fish and Chips under Bridge	
	6:00pm	Ferry to Manly Wharf	
	7:00pm	Quarantine Station	
Thursday 12th October	6:30am – 7:30am	Breakfast	Plain Clothes
	7:30am – 8:00am	Pack Lunches and clean rooms	
	8:00am	Depart accommodation – Train to North Sydney.	
	9:30am – 3:30pm	Lunar Park	
	4:30pm – 6:30pm	Shopping Westfield Bondi Junction	
	7:30pm	Dinner out – Chinatown	
	9:30pm	Bed	
	10:00pm	Lights Out	
Friday 13th October	6:30am	Breakfast	Plain Clothes
	7:00am	Depart Sydney	
	Approximately 3:00pm	Arrive home to Bingara	

WHAT TO BRING - SYDNEY CHECKLIST

Items	
1. 1 Bingara Central School – Full Uniform for Parliament House visit.	
2. Plain Clothes – we recommend approximately 5 sets of plain clothes, please ensure you have something warm for night time.	
3. Rain Jacket	
4. Underpants and socks for the week. (Minimum 5 pairs of each).	
5. Appropriate Swimmers & Towel – for surf lessons.	
6. Thongs and Joggers	
7. Pyjamas	
8. Pillow (if you prefer your own pillow). Always handy to have on the bus.	
9. Toiletries (toothbrush, toothpaste, deodorant, soap, shampoo, conditioner sanitary items etc.)	
10. Medication e.g. Asthma Puffers (please indicate on permission note medication requirements)	
11. Mobile Phone and charger (if you have one)	
12. Snacks	
13. Lunch box to fit lunch each day	
14. Spending Money –Students are encouraged to bring some additional spending money.	

Overnight Excursion Medical Form

Student Details

Surname: Gender: ☐M / ☐F
Given Name/s: Date of Birth: / /
Address
.....
.....

Emergency Contact Details

☐Parent / ☐Guardian / ☐Contact Person

.....
(Name in Full)

Telephone:
(Home) (Business) (Mobile)

Medical Information

Medicare N^o: Ambulance Cover: ☐Yes / ☐No
Position on Medicare Card (eg. 1,2): Medicare Expiry:
Private Health Insurance Fund: ☐Yes / ☐No
Fund Name: Fund Policy N^o:

Please answer the following medical questions regarding your son/daughter:

Is your son/daughter in good health? ☐Yes / ☐No

Does your son/daughter suffer any chronic illness, or disability? ☐Yes / ☐No

If yes, please specify:
.....
.....

Does your son/daughter need to take any form of medication on camp? ☐Yes / ☐No

If yes, please specify: (dose, frequency etc.)
.....
.....

Does the medication need refrigeration? ☐Yes / ☐No

Medical Information Continued . . .

Has your son/daughter suffered from any acute illness during the past four months? ☐Yes / ☐No

If yes, please specify:

.....

.....

Has your son/daughter had any major surgery (knee, back, heart, etc.)? ☐Yes / ☐No

If yes, please specify:

.....

Has your son/daughter been treated by a doctor during the last four weeks? ☐Yes / ☐No

If yes, please attach a doctors report with instruction about medical treatment and a certificate stating that the participant is fit to attend.

Does your son/daughter have any allergies? (insects, food, medication, etc.) ☐Yes / ☐No

If yes, please specify:

.....

.....

Does your son/daughter have any special dietary requirements? ☐Yes / ☐No

If yes, please specify:

.....

.....

Does your son/daughter: wet the bed? ☐Yes / ☐No

sleep walk? ☐Yes / ☐No

Has your son/daughter had the Diphtheria Tetanus Toxoid booster injection? ☐Yes / ☐No

If yes, what date was the last booster given? / /

Do you give permission for Panadol to be administered to your son/daughter if required? ☐Yes / ☐No

Activity Restrictions

All activities are instructed by qualified instructors and at all times are supervised and accompanied by your son/daughter's school teachers.

Please read the sample program of activities for your son/daughter's school in conjunction with the Outdoor Education NSW Activity List. If you do not want your son/daughter to participate in any particular activity or activities, please write them in the space provided and notify your son/daughter of the activity or activities for which they are to be excluded:

.....

.....

Is your son/daughter permitted to participate in swimming/water activities? ☐ Yes / ☐ No

If no, please inform your son/daughter that they are not to participate in any swimming/water activities.

How do you rate your son/daughter swimming ability?

☐ Non Swimmer ☐ Average ☐ Competent (swim more than 50m)

Parent or Guardian Consent

I give my son/daughterpermission to attend the program run by Outdoor Education.

In the event of any accident or illness and I am unable to be contacted, I authorise the obtaining of such medical assistance that my son/daughter may require. I also agree to cover medical fees and/or cost of such assistance that may be incurred while my son/daughter is with Outdoor Education NSW.

I understand that wilful damage of property while with Outdoor Education NSW will be paid for either by the student involved or by their parent/s or guardian.

Signature of Parent/Guardian Date: / /



BINGARA CENTRAL SCHOOL - PERSONAL INJURY STATEMENT

Important Information Central Schools Sydney excursion

In the event of injury, no personal injury insurance cover is provided by the NSW Department of Education for students in relation to school sporting activities, physical education lessons or any other school activity. The Department's public liability cover is fault-based and limited to breaches by the Department of its duty of care to students that may result in claims for compensation.

Parents/Carers are advised to assess the level and extent of their child/ward's involvement in the sport program offered by the school, school sport zone, region and state school sport associations when deciding whether additional insurance cover is required prior to their child's involvement in the program. Personal accident insurance cover is available through normal retail outlets.

Parents/Carers who have private ambulance cover need to check whether that cover extends to interstate travel and make additional arrangements as considered appropriate.

The NSW Supplementary Sporting Injury Benefits Scheme, funded by the NSW Government, provides limited cover for serious injury resulting in the permanent loss of a prescribed faculty or the loss of use of certain prescribed parts of the body. The Supplementary Scheme does not cover medical costs or dental costs. Further information can be obtained from <https://www.icare.nsw.gov.au/injured-or-ill-people/sporting-injuries/payments/#gref>. Further information regarding student accident insurance and private health cover is provided at: <https://app.education.nsw.gov.au/sport/file/1449>.

CONCUSSION STATEMENT

Concussion Clearance

The Australian Medical Association recommends students being symptom-free of concussion for 14 days before returning to sport. Students who have suffered a concussion within 14 days of the event, must provide written clearance from a medical practitioner prior to participating.

- If your child/ward sustains a concussion, or experiences any concussion symptoms, in the 14 days period prior to the event commencing, you must report this to team officials, and a medical clearance is required in order for your child/ward to participate in the event.
- Medical clearances can be attached to this consent form or can be submitted to team officials separately.

PARENT/CARER ACKNOWLEDGEMENT POINTS AND SIGN-OFF

I hereby consent to the attendance of my son/daughter _____ of class _____ **during any activity on the Sydney excursion.**

- I can confirm that I understand that, in the event of injury, no personal injury insurance cover is provided by the NSW Department of Education for students in relation to school sporting activities, physical education lessons or any other school activity. (Personal injury statement)
- I acknowledge that if my child/ward sustains a concussion, or experiences any concussion symptoms, in the 14-day period prior to the event commencing, I am

required to report this to team officials. I further acknowledge that, should this occur, my child/ward will only be permitted to participate in the event, if a medical clearance is provided. (Concussion statement)

Ambulance / medical treatment

- I affirm that, to the best of my knowledge, my child/ward has no medical condition or injury that places him/her at risk by participating in this sport activity.
- In the event of any accident or illness, I authorise the obtaining, on my behalf, of an ambulance and any such medical assistance that my child/ward may require. I accept full responsibility for expenses incurred.

RESPONSE

Medical Conditions

My son / daughter has the following allergies/medical needs (please provide full details and include any relevant medical details).

Does your child suffer from asthma? Yes/No _____

If yes, please ensure you have provided your child's Ventolin and completed the necessary form to allow medication to be administered. If unsure, please contact the School Front Office on 6724 1060.

I acknowledge that this event/activity is required to be held in accordance with any current NSW Health COVID-19 Public Health Orders and the NSW Department of Education's policies and procedures. I acknowledge and accept that there is a risk that my child may be exposed to COVID-19 whilst attending and participating at this event. I confirm that my child will not attend if displaying any symptoms of illness, and/or if directed to isolate under public health orders.

I have read and consent to the above permissions.

SIGNED: _____

Parent/Carer

Date