

Merriwa Central School



Valuing individual potential – achieving personal best

Payment on Line Reference: **Year 6 and 11 Excursion**

13 May, 2019

Dear Parent/Caregiver

Students attending the Years 11 and 6 excursion to Sydney on Tuesday 3 September to Friday 6 September, 2019 will be required to complete and return the Dietary Requirements for the Collaroy Centre Cabins, where the students will be staying.

Students will need to bring:

Luggage

- One bag is ideal as students will be carrying their own bags. Please make sure it's not too big!
It is a good idea for students to pack their own bags (with supervision) so they are able to pack their bags on return
- Luggage should be clearly labelled

Day Bag

- Clearly labelled water bottle
- Hat and sunglasses
- Lip balm
- Handkerchief or tissues
- Book, cards or travel game
- Pen and notebook
- Souvenir money (*optional*)
- Camera (*optional*)
- Wet weather gear
- Food for Day 1:

Other

- Garbage bag for dirty clothes
- Travel sickness bags (if needed)
- Sleeping bag, bottom sheet, pillowslip and towel

Toiletries

- Toothbrush
- Toothpaste
- Soap
- Shampoo and conditioner (travel-size)
- Hairbrush
- Roll on deodorant

*** Please do not pack any aerosol products**

Clothing

- Warm shirts, skivvies and jackets
- Warm jeans, pants or tracksuits
- Underwear
- Warm socks or stockings
- Sturdy enclosed footwear
- Warm pyjamas
- Warm waterproof coat
- Slippers or ugg boots (for wera in rooms only)

Medication

- Please ensure teachers are aware of any required medication.
- All medication must be in its original packaging, clearly marked with the student's name, required dosage and the dosage interval.
- Please present in a zip-lock bag to teachers on the morning of departure. **Students must not carry their own medication (apart from asthma puffers or epi-pen)**

Please complete the attached form and return it to school with final payment by Tuesday 2 July, 2019.

Sharon Kenaly
Relieving Principal

Patrick Lomax
Teacher in charge of excursion

Merriwa Central School

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SPECIAL DIETARY REQUIREMENTS, ALLERGENS & INTOLERANCES

Required 14 days prior to arrival

Please complete a separate form for each guest who has Dietary Requirements

GROUP NAME: _____

CAMPERS NAME: _____

ARRIVAL DATE: _____ DEPARTURE DATE: _____

PLEASE SELECT ALL SPECIAL DIETARY REQUIREMENTS, ALLERGENS & INTOLERANCES THAT APPLY TO YOU.

We are unable to cater for likes and dislikes: -

- | | | |
|--|--|--|
| <input type="checkbox"/> Vegetarian | <input type="checkbox"/> Vegetarian - Fish Ok | <input type="checkbox"/> Vegetarian - Chicken Ok |
| <input type="checkbox"/> Vegan | <input type="checkbox"/> No Red Meat | <input type="checkbox"/> No Pork |
| <input type="checkbox"/> No Seafood | <input type="checkbox"/> No Shellfish | |
| <input type="checkbox"/> Gluten Intolerance | <input type="checkbox"/> Dairy/Lactose Intolerance | |
| <input type="checkbox"/> Food Intolerances: - Please specify: _____ | | |
| <input type="checkbox"/> Food Allergies: - Please specify: _____ | | |
| <input type="checkbox"/> Nut Allergy - specify type _____ | | Can traces of nut be eaten? YES / NO |
| <input type="checkbox"/> * Anaphylactic – Please specify what you are anaphylactic to: _____ | | |

Please note: You must provide us with an up to date ASCIA Anaphylaxis Management Plan in relation to anaphylactic diet mentioned above, showing a clear photo of the guest or we are unable to cater for that diet.

The Collaroy Centre reserves the right to not cater for guests with certain diets.

Below are listed some of the diets we are unable to fully cater for:-

*** Anaphylactic to Egg** - Unfortunately, due to the seriousness of your allergy, and as your allergen is widely used in our kitchen, there is a high risk that cross contamination could occur therefore we are **unable to cater** for your diet. You are however very welcome to bring your own food to camp where you will have the use of a fridge and microwave oven in our dining room.

FODMAP – Due to the variation of this diet we are unable to cater for this request. You are however very welcome to bring your own food to camp where you will have the use of a fridge and microwave oven in our dining room.

COLOURS, FLAVOURS & PRESERVATIVES - We will be able to provide a fresh food menu. This will include fresh fruit for all Morning & Afternoon Teas & Suppers. You are welcome to bring your own snacks. It would also be advisable to supply your own bread.

MULTIPLE DIETARY REQUIREMENTS: Should you have multiple dietary requirements, we may be unable to cater for these and will advise you accordingly.

Fresh Fruit is available for all Morning & Afternoon Teas and Suppers for those diets we are unable to cater for.

Will you be bringing your own food? Yes No

If you have a specific diet you would like to follow while on camp, there will be a fridge and microwave oven available for your use. Please make sure all containers are clearly labelled with your name and group name on. They also need to be appropriate to be used in the microwave oven.

All guests must not bring foods that contain peanuts and tree nuts or almond milks.

