

AIVIP OBJECTIVES	
To enhance learning through direct outdoor experiences.	
To maintain general levels of fitness by providing daily runs, hiking, team challenges.	
To provide the children with the opportunity to interact and co-operate with one another and the environment.	
To provide the students with an experience in living together, working, playing, and sharing together leading to developing a class unity and spirit.	
To give the children the opportunity to meet success and to achieve personal goals through a variety of activities e.g. Abseiling, archery, orienteering, confidence course, canoeing, rifle shooting.	
To provide the children with the opportunity to show such qualities as leadership, initiative, independence and responsibility through the varieties of actives provided in the camp programmes.	

GEAR LIST

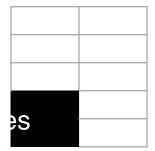
Expect the weather to be changeable. Make sure you're prepared with plenty of clothing and plenty of changes of clothing.

	NOTE: All clothing should be clearly NAMED or use your camp number!!				
Ciri	Sleeping bag, pillow, sheet, blanket, hottie or wheat bag				
Comment	Suitable footwear for walking and outside at least thr	ee pairs)			
	oldest shoes for assault course (they must have la	ces) plus gumboots -			
1	Suitable clothing for indoors				
Commen	Socks - PLENTY and WARM at least eight pairs				
Cirir	Long trousers, track pants/water proof pants. These v	will get wet so have			
Ciri	At least four changes of underwear. Thermals for nigh	t time activities and			
Circ	Thermal tops/long johns/ polyprops - at least four				
Circum	Warm tops, jerseys and sweatshirts, polar fleece				
Commen	Woollen jersey/Fleece/Warm tops - 3-4				
Comment	Woollen gloves and hat				
C	Waterproof jacket				
Comment	Shorts and T-shirts - oldest gear for assault course				
Comment	Warm PJ's/slippers/indoor shoes				
Comment	Swimming Togs (Kayaking) Wetsuit recommended				
Ciri	Clothes for Berwick Ball - Glow-in-the-dark				
Circan	Sun hat and glasses (for those bright sunny Autumn da	ıys!!!)			
Comment	Toilet bag, towels 2-3 and personal gear				
0	Old shoes - multiple (Gumboots recommended)				
	1 set of clothes for the assault course. They may get	ripped or need to be			
C	Camera - optiona				
C	Board games, cards, books - for wet days				
	Plastic drink bottle, lunch box - packed lunch for Monday with a big lur				
	Small day pack - your school ba would be ideal.				
	Torch - For night games				
	Plastic bags for dirty clothes				
C	Baking or soup (named container please)				
4	Bike Helmet				
	Sleeping bag, pillow, sheet, blanket, hottie or wheat	bag			

Personal medication e.g hay fever tablets			
Secret Santa Gift - Wrapped			
All essentials for the camp concert/ lip-sync			

Avoid designer gear- No ipods, cell phones, lollie

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ALWAYS

START BREATHING - STOP BLEEDING - TREAT BURNS WITH COLD WATER - SUPPORT BROKE

BROKEN BONE

Do not move casualty except in the interests of safety. SUPPORT broken bones by tying firmly to spl if possible. Do not attempt to straighten.

SYMPTOMS:

pain

swelling

deformity of the injured area (when compared with the uninjured side of the body)

loss of normal function of the injured part

discolouration of the skin (i.e. blueness) or bruising

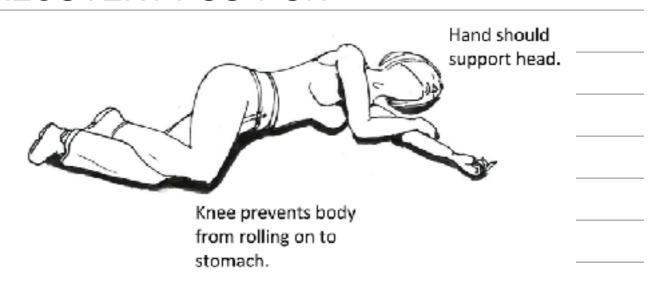
a wound if it is an open fracture

altered sensation - e.g. 'pins and needles' - if a nerve is under pressure

a grating sensation if injured bone ends are rubbing together

patient may have heard/felt the bone break

RECOVERY POSITION



HYPOTHERMIA

Move the person out of the cold. If going indoors isn't possible, protect the person from the wind, especially around the neck and head. Insulate the individual from the cold ground.

Gently remove wet clothing. Replace wet things with warm, dry coats or blankets.

If further warming is needed, do so gradually. For example, apply warm, dry compresses to center of the body - neck, chest and groin.

Offer the person warm, sweet drinks.

Caution

Do not rewarm the person too quickly, such as with a heating lamp or hot bath.

Don't attempt to warm the arms and legs. Heating or massaging the limbs of someone in the condition can stress the heart and lungs.

BURNS

Cool the burn to help soothe the pain. Hold the burned area under cool (not cold) running water for 10 to 15 minutes or until the pain eases. Or apply a clean towel dampened with c tap water.

Apply moisturizer, aloe vera lotion or gel, or low-dose hydrocortisone cream, which may provide relief in some cases.

FAINTING

Position the person on his or her back. If the person is breathing, restore blood flow to the brain by raising the person's legs above heart level — about 12 inches (30 centimeters) — if possible. Loosen belts, collars or other constrictive clothing. To reduce the chance of fainti again, don't get the person up too quickly. If the person doesn't regain consciousness within minute, call 111. Check the person's airway to be sure it's clear. Watch for vomiting.

Check for signs of circulation (breathing, coughing or movement). If no sign, begin CPR and 111. Continue CPR until help arrives or the person responds and begins to breathe.

SHOCK

Lay the person down and elevate the legs and feet slightly, unless you think this may cause pain or further injury.

Keep the person still and don't move him or her unless necessary.

Begin CPR if the person shows no signs of life, such as breathing, coughing or movement.

Loosen tight clothing and, if needed, cover the person with a blanket to prevent chilling.

Don't let the person eat or drink anything.

If the person vomits or begins bleeding from the mouth, turn him or her onto a side to prev choking, unless you suspect a spinal injury.

RESUSCITATION

Mouth to Mouth: Check that airway is not blocked and if possible use a resuscitation shi

Place patient on back

Tilt head back, supporting the jaw with fingers

Patients mouth should be only partly open

Gently block the patients nose, take a deep breath and place your mouth over the patients breathin out firmly. Repeat this twice and look for chest movement.

Continue this every 5 seconds until patient is breathing again.

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2017 Berwick Camp PARENT RO

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MONDAY	TUESDAY	WEDNESDA	THURSDAY
Craig McCaughan	Craig McCaughan	Craig McCaughan	Craig McCaughan
Bruce Muldrew	Bruce Muldrew	Bruce Muldrew	Bruce Muldrew
Russ Linwood	Russ Linwood	Russ Linwood	Russ Linwood
Helen Twaddle	Helen Twaddle	Helen Twaddle	Helen Twaddle
Cindy Joyce	Cindy Joyce	Cindy Joyce	Cindy Joyce
Carolyn Allan	Carolyn Allan	Carolyn Allan	
			Mark Howard
			Jon-Paul Jordan
Jill Smith	Jill Smith	Jill Smith	
Katherine Caderas	Katherine Caderas	Katherine Caderas	
Lieny Manson	Lieny Manson	Lieny Manson	
Sonja Texley	Sonja Texley	Sonja Texley	
	Sue Bennett	Sue Bennett	
			Irenee Hollard
	Craig Robinson		
	Andrea McMillan	Andrea McMillan	

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MONDAY	TUESDAY	WEDNESDA	THURSDAY
Craig McCaughan	Craig McCaughan	Craig McCaughan	Craig McCaughan
Bruce Muldrew	Bruce Muldrew	Bruce Muldrew	Bruce Muldrew
Russ Linwood		Russ Linwood	Russ Linwood
Helen Twaddle	Helen Twaddle	Helen Twaddle	Helen Twaddle
Cindy Joyce	Cindy Joyce	Cindy Joyce	Cindy Joyce
Carolyn Allan	Carolyn Allan		
Jill Smith	Jill Smith		
Katherine Caderas	Katherine Caderas		
Lieny Manson	Lieny Manson		
	Lieny Manson		
		Irenee Hollard	Irenee Hollard
	Andrea McMillan		
		Mark Howard	Mark Howard

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School: 03 4667251			
Andy: 03 4749617	021474949		
Sara: 03 4896288	021519579		
Lisa: 03 4762817			

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FRIDAY Craig McCaughan Bruce Muldrew Russ Linwood Helen Twaddle Cindy Joyce Mark Howard Irenee Hollard THURSDAY Craig McCaughan Bruce Muldrew Russ Linwood Helen Twaddle Cindy Joyce Irenee Hollard Mark Howard

rden): 03 4862837

asters: 03 4767634

entre: 03 4862150

ımber: 03 4862714

Class List - ROOM

	NAME	Medical issues	CONTACT
1	Aarvan		Alex Cherian
2	Heath		L Walmsuey
	Silvan		Katherine Caderas
	Callissa		Les Campbell
	Kane	Allergic to eggplant - gets a rash.	Yvette Zhang
6	Matheson		Amanda Colquhoun
7	Niamh	Intolerance for artificial colours - found in pre packaged food, crisps, lollies and fizzy drinks. Sleepwalker.	Peter Dillingham
8	Avesha	Allergic to penicillin. Hay fever - Takes anti-histamines	Varuni Downes
9	Albert		Emily Gardner
	Nikita		Adele Hancock
11	Ruby		Andrea McMillan
12	Janet		Irene Hollard
	James	Bladder - Takes 1 tablet of Oxybutynin morning and night.	Carolyn Allan
14	Mia		Jon-Paul Joran
15	Analeia		Peter Kesha
16	Charlotte	Suffers severe stomach upset/ nausea/ fatigue. Allergic to penicillin.	Cindy Joyce
17	Phoenix		Barb Leef- Harris
18	Bryn	Hay fever - antihistomine. Asthma - Flixonase and inhaler (2 puffs + 2 squirts in am/pm)	Sue Bennett
19	Matthew		Lieny Manson
20	Tessa		Lisa Taylor
21	Aaron		Rosemarie Nelson
22	Lavinia		Ange Penese
23	Heidi		Craig McNaughan
24	Macev	Asthma and nose issue - Takes certirizine (10mg am), flixotide (10mg am/pm), flixonase (10mg am)	Michelle Robinson
25	Theo		Jill Smith
26	Anika		Sonja Texley
27	Grace	Bee Sting - hasn't had one but family history for bee sting allergies.	Helen Twaddle
28	Max	Mild asthma - 2 puffs of flixotide only when needed	Shelley Linwood
29	Ella		Zhen Xu
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4536619	
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4822499	
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Berwick Camp GROUPS								
BUNK ROOMS								
Lions Den	Kowhai	Rata	Pohutakaw	Kahikatea				
Camp mums	Tessa	Lavinia	Mia	Miss K				
	Niamh	Analeia	Heidi	Ms D				
	Ruby	Callissa	Grace					
	Macey	Nikita	Ayesha					
	Ella	Janet	Charlotte					
			Anika					
BUNK ROOMS								
RIMU	TOTARA	MATAI	KAURI	MIRO				
Craig	Max	James	Heath	Jon-Paul				
Bruce	Aaryan	Matheson	Albert	Craig				
Russ	Matthew	Theo	Aaron	Mark				
	Bryn	Silvan	Kane					
			Phoenix					
DUTY GROUPS								
1	2	3	4	5				
Aaryan	Heath	Matheson	Analeia	Kane				
Silvan	Ayesha	Aaron	Janet	James				
Kane	Macey	Ruby	Grace	Tessa				
Niamh	Bryn	Phoenix	Matthew	Ella				
Albert	Lavinia	Nikita	Theo	Max				
Heidi	Charlotte	Mia		Callissa				

Duty Roster

No one is finished until you are all finished and your duty pa you that you may go!

	Monday	Tuesday	Wednesday	Thursday
Dishes	Group 1	Group 2	Group 3	Group 4
Dining	Group 5	Group 1	Group 2	Group 3
Grounds	Group 4	Group 5	Group 1	Group 2
Cleaning	Group 3	Group 4	Group 5	Group 1
Kitchen	Group 2	Group 3	Group 4	Group 5

Bathrooms: Clean toilets if needed, sweep and mop floo basins and toilet paper

Veges: Check with your duty parent - peeling etc

Prep: Prepare food. Rinsers, washers and driers. Make surscraps go in the scrap bin!

Dining Room: Wipe tables then sweep, tidy chairs

Grounds: Check Rubbish, clothing etc - spotless!

rent tells Friday Group 5 Group 4 Group 3 Group 2 Group 1 rs, check re all

MONDAY

What was your first impression of camp?
What has the day been like for you?
Is your bunkroom working well for you?
What concerns may you have?
Did you enjoy today's activities?
Why?
What are you looking forward to tomorrow?
Any other comments about today?

TUESDAY How has Tuesday been for you? What positive experience has a friend of yours had today? Rank the activities from best to least favourite. 1 3 4 5 6 Tell me about your #1 ranked activity Tell me about your #6 ranked activity

WEDNESDAY How are you feeling? Was your teamwork today effective? How? Who helped you out today and how? Who did you help today and how? Explain your favourite thing so far at camp?

THURSDAY
How have you looked after yourself so far at camp?
What will be the first thing you tell your family when you get back to home?
What thoughts did you have today about ANY of the challenges?
How has an adult influenced you on camp?
What is a phrase you keep saying to yourself?



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CAMP REFLECTION

The funniest thing that happened on camp was							
My biggest achi	ievement on can	np was					
My MVP's on ca	amp were	1					
WKJ.	70	2					
	6	3					
Who did I help a	at camp?						
What skills did I learn at	$\stackrel{\sim}{\sim}$	$\stackrel{\wedge}{\boxtimes}$		$\stackrel{\wedge}{\boxtimes}$			
camp?	$\stackrel{\wedge}{\sim}$	\Diamond		$\stackrel{\wedge}{\sim}$			
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EVALUATION - Do at scho

Discuss your	r answei	rs with a	a partne	er (not a	close fr	riend). T	hey the	n mark	you as w
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STRIVED FOR	EXCEL	LENCE	You	Peer	You	Peer	You	Peer	You
BEEN	RESPE	CTFUL	You	Peer	You	Peer	You	Peer	You
BEE	N KIND	TO MY MATES	You	Peer	You	Peer	You	Peer	You
		ER 6	All of t	ne time	Most of	the time	Some of	the time	Not ver
	AIMEI	D HIGH	You	Peer	You	Peer	You	Peer	You
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GOOD	PER	SON	All of t	ne time	Most of	the time	Some of	the time	Not ver
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