

## Preparing Students for Camp

Some of your school students may have never been away from home before and might feel nervous about what to expect. Teachers may need to help prepare *children and parents* to ensure that their first camp is a happy and rewarding experience.

### Pre Camp Briefing

If it is the children's first time away from home, then it is also a first for their parents. The parents may be more nervous than their children.

- Be organised and knowledgeable about all aspects of the camp. You want to inspire confidence and show parents that you are capable of taking good care of their children.
- Be clear in your own mind about the educational goals you intend the camp experience will help their children to achieve.

### Things to discuss

- The camp itinerary and location.
- The staff attending the camp and any special roles, especially first aiders in charge of giving medication.
- Transport arrangements, especially drop off and pick up times.
- Catering arrangements and menus. Ask parents to let you know in writing of any special dietary requirements.
- Sleeping arrangements. e.g. The location of staff in relation to dormitories, cabins.
- Showering arrangements. Suggest that children practise adjusting the water temperature, keeping hair dry etc. at home before the camp.
- Review the 'What to Bring' list for clothing and equipment required on camp. Strongly suggest that all items are labelled.
- Children must be able to carry their own bags.
- Discuss behavioural expectations and procedures for dealing with any problems should they arise.
- Policy on pocket money, lollies, valuables from home etc.
- Allow plenty of time for questions.

### Activities which can be carried out in the classroom pre-camp

- Setting the table and sandwich making.
- Discuss the different ways that families may eat, where they eat and what types of food they eat.
- Emphasise that people do things differently and that there is not necessarily a right and wrong way.
- Discuss what clothing might be worn on the various camp activities. This can be made into a game to discuss what clothing might be appropriate in various situations.

## Problem solving

Sample problems	Suggested responses
You don't like the food on your plate.	<p>✓ Try it, you might like it! If you don't, go and speak to your teacher.</p> <p>✗ Don't say "Yuck" before you've tried it.</p>
You forgot your toothbrush.	<p>✓ Go and speak to your teacher.</p> <p>✗ Don't brush your teeth while on camp.</p>
You have food allergies. How will you know if you can eat the food given to you?	<p>✓ Go and speak to your teacher.</p> <p>✗ Don't eat anything.</p>
Everybody in your room is talking and you can't get to sleep.	<p>✓ Go and speak to your teacher.</p> <p>✗ Yell at everyone to go to sleep.</p>
Someone in your room wants to sleep with the light on.	<p>✓ Go and speak to your teacher.</p> <p>✗ Steal someone's light.</p>
You usually sleep with your teddy and you're scared everyone will laugh.	<p>✓ Consider packing a small precious object to pop under their pillow instead or take a drawing/portrait of the toy. Go and speak to your teacher.</p> <p>✗ Don't leave home without something to help you sleep.</p>
You lose your new hair brush at camp and you're scared that Mum's going to be really mad.	<p>✓ Go and speak to your teacher. Tell you Mum when you get home.</p> <p>✗ Don't brush your hair while on camp.</p>
You accidentally wet the bed.	<p>✓ Go and speak to your teacher.</p> <p>✗ Hide wet clothes and bedding.</p>
Being away on camp is new to you and you get homesick.	<p>✓ Go and speak to your teacher.</p> <p>✗ Hide in your bed and cry.</p>
You are scared of sleeping in a tent.	<p>✓ Go and speak to your teacher.</p> <p>✗ Sleep in the toilets.</p>
You have to take medicine and Mum usually gives it to you.	<p>✓ Go and speak to your teacher.</p>
If you have a worry.	<p>✓ Go and speak to your teacher.</p>