Dear Parents,

This notice is to provide you with important details for the upcoming Year 8 INSPIRING GIRLS CAMP.

**VENUE:**
The Lodge
Lockwood Road
Belgrave Heights

**DATE:** Wednesday 5 – Friday 7 March 2014

**PROGRAM**
We realise that our girls are at a crucial age where they have many concerns regarding their body image, how they fit in and how to best take care of themselves. Whilst we realise that parents are crucial for helping their daughters shape this part of their lives, we also realise that not all girls have the support they require.

INSPIRING GIRLS CAMP is designed to work with the girls on some important issues that will hopefully build on what is already occurring at school, in the home and within their church environment.

During the week some of the issues we will be looking at and discussing are:

- Who society tells us we are/should be
- How that impacts areas of our life e.g. the way we behave, look, talk and what we have/own
- Who the Bible/God tells us we are/should be
- How that impacts areas of our life e.g. the way we behave, look, talk and what we have/own

Over the course of the camp, we will also cover such topics as:

**Body Image**
- **You are unique and beautiful**
- **Making positive choices**
- **Relationships with boys**
- **Social Media and Cyber bullying**

**Self Esteem**
- **Health and Hygiene**
- **Being a girl of strength**
- **Friendships & managing social issues**

We are very excited to continue running INSPIRING GIRLS CAMP as a 5 day retreat which gives us a solid time to invest in the girls. We will be holding the first two days of the camp at MECS, and the students will attend as a normal school day, going home on the Monday and Tuesday evening. On the Wednesday morning, we will depart for our campsite at Belgrave Heights and return for normal school dismissal on the Friday.

**STAFFING**
Mrs Karissa Esselbrugge, Mrs Meredith Opie and Mrs Natasha Le Brocq

**TRANSPORT**
Students will be transported to the camp by the coach. The coach will depart MECS at 9:00 am on **Wednesday 5 March** and return to school for normal dismissal on **Friday 7 March**. Students will need to be at school **at least 15 minutes prior to departure time**.

**COOKS**
Mrs Fiona Haynes and Mrs Krista Bowden
EQUIPMENT
An equipment list is attached to this notice.
Please note that NO mobile phones, iPods or MP3 players etc are to be brought on camp.

MEDICAL FORMS
Please complete and return the attached medical form by Monday 17 February 2014. It is important that parents/guardians keep us informed – particularly if there has been any recent illness or problem that teachers and leaders need to be aware of. Information on these forms will be kept strictly confidential and forms are destroyed at the conclusion of your child’s camp. Please note that students will not be permitted to attend the camp if they have not returned their medical form. Thank you for assisting us in this.

All medications are required to be handed in to Mrs Esselbrugge on the morning of the camp.

Please remember the staff and students in your prayers as we prepare for an exciting and enriching camp.

Please do not hesitate to contact Karissa Esselbrugge at school on 9738 6000 or by email at kesselbrugge@mecs.vic.edu.au for any further details about the camp.

Yours in Christ,

Karissa Esselbrugge, Meredith Opie and Natasha le Brocq

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YEAR 8 INSPIRING GIRLS CAMP 2014
Equipment List

Please note that on this camp students should NOT bring:
• Electronic games
• Mobile phones
• Money

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<tr>
<th>EQUIPMENT REQUIRED (Wednesday – Friday)</th>
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<tr>
<td>School Hat (broad brimmed)</td>
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<tr>
<td>Sunscreen (minimum SPF rating 30+)</td>
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<td>Three changes of clothes</td>
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<td>PJ’s- essential!</td>
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<td>Toiletries</td>
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<td>Bath Towel</td>
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<td>Doona &amp; sheets or sleeping bag</td>
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<td>Pillow</td>
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