2 February 2017

YEAR 10 RETREAT

Dear Year 10 Parents/Carers,

As part of your child’s Year 10 schooling experience an overnight retreat will be held at Benedict XVI Retreat Centre, Grose Vale. The Year 10 cohort will be divided into two groups; A Line students will attend Wednesday 26 April returning Thursday 27 April, and B Line students will attend Thursday 27 April and return Friday 28 April.

Students will be transported to and from the venue by bus which will leave St Agnes Catholic High School at 8.30am on the day your child is due to depart and will return by 2.25pm on the day the students are expected to return.

The cost of the retreat is included in your school fees. This cost includes transportation by bus, all meals and accommodation and venue hire.

The retreat is designed to give students an opportunity to reflect individually and collectively on their lives. As well as recreational activities, students will consider the following:
- Personal values and priorities
- Relationships with family, friends and God
- Their future hopes and goals.

Please ensure that the attached consent form is signed and returned to school as soon as possible. All notes are to go straight to the student office. Should there be any concerns/issues please call Mr Madigan on 8882 0711.

YEAR 10 RETREAT EXPECTATIONS

Purpose
Year 10 is an important time in student’s lives. The retreat provides space for the last reflective breather before students move on to senior school. This overnight retreat is designed to give students a chance to really think and make some resolutions about themselves, their family relationships and friendships as well as their relationship with God.

There is a good mixture of time for students: to experience personal reflection, small group time, large group time and free time.

Requirements for participating
To make the most of our time together, there are some ground rules that must be observed.

a) Students are asked to listen sensitively and be honest with themselves and the people around them. There is nothing to be gained by putting on an act or not being honest with oneself.

b) We all need to feel safe, respected and free to enjoy the time together.

Respect: Show respect for the environment and each other physically and verbally. What is expected at school is what is expected on the retreat.

Property: If it is not yours, don’t touch it! If you damage property, please let St Agnes staff know.
Freedom: Enjoy being together but not at each other’s expense.

Punctuality: While at Benedict XVI we have certain activities to complete. However, we must work with the times of meals given to us by the staff at Benedict XVI Retreat Centre. Please listen to the St Agnes staff and keep to the times. Be where you are required to be on time.

Consequences of breaches of these requirements
If anyone breaches the rules above regarding safety, respect for others’ property, they will be isolated from the group, parents will be contacted immediately and they will be transported back to school or home.

WHAT TO BRING
- Wear and pack comfortable casual clothes, keeping modesty in mind. Please be understanding that the afternoon and early evenings will be cool.
- There will be an opportunity to have free time to play touch football, basketball, tennis or volleyball. Be sure that you are dressed for these activities.
- Mobile phones are for emergencies only. Phones are to be switched off during the retreat. If you are asked to hand a mobile phone to a teacher because it is a distraction or because it is being misused, please do so without argument.
- All meals are supplied, including morning tea, lunch and afternoon tea. Meals and snacks are generously supplied at Benedict XVI retreat centre; therefore there is no need to bring extra food.
- You may wish to bring a musical instrument (e.g. guitar) to play during the liturgy that will be in the evening.
- A sleeping bag or sheets and pillow case – doona and pillow provided.
- Toiletries

Students will attend overnight; therefore luggage is to be kept to a minimum.

The retreat promises to be an eventful and fulfilling experience. I hope students make the most of the time we spend together.

If you have any questions or concerns, please let me know.

Yours sincerely

Mr Greg King
Acting Principal

Mr Patrick Madigan
Acting Religious Education Coordinator
Year 10 Overnight Retreat – Benedict XVI Retreat Centre

I give permission for my son / daughter ____________________________ of Home room _______ to attend the Year 10 retreat that will be conducted at the Benedict XVI Retreat Centre, Grose Vale.

I give permission for the staff of St Agnes to seek medical assistance for my son / daughter if they deem it necessary.

Signed: ____________________________ Date: ____________________________

Parent/ Caregiver

The following information will be confidential and used solely for the purposes of student safety whilst on the retreat.

1. Student's Medicare Number: ____________________________ Ambulance Cover: YES / NO
   Private Medical Fund: ____________________________ Number: ____________________________

2. Please list any medications that your child is currently taking: ____________________________
   ____________________________
   ____________________________
   ____________________________

3. Does your child have any special dietary requirements? If so please provide details
   ____________________________
   ____________________________
   ____________________________

4. Does your child suffer from any medical conditions OR have any allergies?
   ____________________________
   ____________________________
   ____________________________

5. Date of last tetanus injection (if known): ____________________________

6. If contact with the family during the retreat is required, the person to ring would be ____________________________,
on the following number ____________________________.

Please contact Mr Madigan on 8882 0711 if you have any questions regarding the retreat.