Mt Maria College

Year 7 Camp

Wed 3rd – Fri 5th March 2027

Sunshine Coast Recreation Precinct



Sunshine Coast Recreation Precinct

The Sunshine Coast Recreation Precinct provides comfortable accommodation and a wide range of outdoor recreation and adventure activities, especially designed for school camp groups. Nestled between Currimundi Beach and the mouth of Currimundi Lake, the precinct offers a safe and engaging environment for students.

Their experienced staff are dedicated to delivering outstanding outdoor experiences, ensuring that students can participate in exciting activities that foster teamwork, personal growth, and lasting memories.

This is an excellent opportunity for students to engage in an experience that supports curriculum and personal development.

The activities offered will enable us to pursue the following objectives:

- ✓ To develop deeper and stronger connections between the Year 7 students and with MMC staff.
- ✓ To encourage a sense of personal achievement through challenge and adventure activities in a supportive environment.
- ✓ To encourage acceptance and inclusion of others.

Sunshine Coast Recreation Precinct

Packing List

General

- Hat
- Small backpack to take to activities
- Sleepwear
- Shirts (must have sleeves)
- Shorts
- Underclothes and socks
- Warm clothing - Jumper and tracksuit pants
- Long pants / tights for High Ropes
- 1 set of clothes that will get muddy
- Swimwear (one piece for girls)
- Swim shirt or rashie
- Thongs, Crocs or Slides
- 1 pair of enclosed shoes (for dry activities)
- 1 pair of enclosed shoes (for wet/mud activities) For example, reef shoes or old joggers
- Beach towel
- Bath towel

Toiletries (in a small bag)

- Toothbrush
- Toothpaste
- Soap / body wash
- Sunscreen
- Shampoo
- Brush
- Insect repellent (not aerosol)
- Deodorant (not aerosol)
- Tissues
- Lip balm
- Chafing cream (if required)

Sleeping Gear

- Pillow (please label)
- Sleeping bag
- Single size fitted sheet

Medications

- Medications to be handed in to College Reception and must be labelled with dosage and instructions for use. Further information will be provided.

Miscellaneous

- 3 x plastic bags to store wet / dirty gear
- Water bottle

What NOT to bring

- Mobile phones
- Valuables (money, electronics – Switch, Bluetooth speakers)
- Aerosol cans of any type
- Swiss Army knife, lighters, matches
- Chewing gum

Sunshine Coast Recreation Precinct

Activities



Caving

Wearing a head torch, take on a fun-filled adventure through our maze of passages that look like natural caves.



Low ropes

Work together as a team to complete the challenges that will see you make your way across some low ropes structures.



Catapults

Learn the art of knot tying as well as some basic structural design principles.



Bodyboarding

Learn important surf awareness skills, then hit the waves for that perfect ride.



Giant Swing

Be hauled up to 20 metres off the ground by your team-mates, then pull the ripcord and swing.



Pool Games

Use a variety of pool toys to play games including relays, treasure diving, and underwater hockey. At the end of the session we turn up the music and party!

Archery

Learn how to hit the bullseye, using padded arrows.





Rock climbing

Challenge yourself on our amazing 10 metre rock wall and work your way up the simple and fun climbs, to the hard and extreme. Each participant will be harnessed to an automated safety belay system.

Raft building

Work in a team and learn the basic skills to build a raft. Then put your construction skills to the test in a race on the water.



Team Rescue

Work together using planks and ropes to balance your way to success!

Circus Skills

Develop new tricks like juggling, plate spinning, diablo and more using balance, coordination and problem solving.

Team Challenge

Challenge yourself with a range of team building activities and develop leadership and communication skills.

Sunshine Coast Recreation Precinct

Accommodation

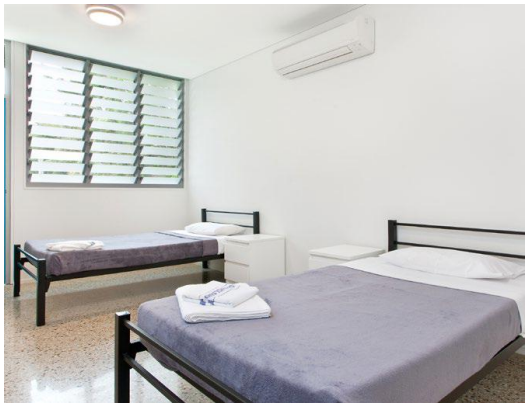
<u>Rooms</u>
4 beds plus ensuite

<u>Dorms</u>
6-10 beds with ensuite









FAQ'S

Q: How are dorm groups decided?
Dorm groups are arranged based on a mix of friendship preferences, house affiliations, and staff recommendations. In early Term 1, students will be asked to nominate up to three preferred friends to be in their cabin. Students without prior friendships at Mt Maria will be placed with other students in similar circumstances.

Q: Will I be with my friends during activities?
Activity groups are primarily organised in House Groups. This is the group of students that you are doing your core classes with during Year 7. Although you may not know many in this group, it is important to begin making new connections within this class.

Q: What if I don't like a particular activity?
Camp is about trying new things! Staff are there to support you, and you'll never be forced to participate in something that makes you uncomfortable.

Q: Will there be any pre-camp sessions to help us get ready?
Yes, there will be orientation sessions and House group meetings before camp to help you understand what to expect.

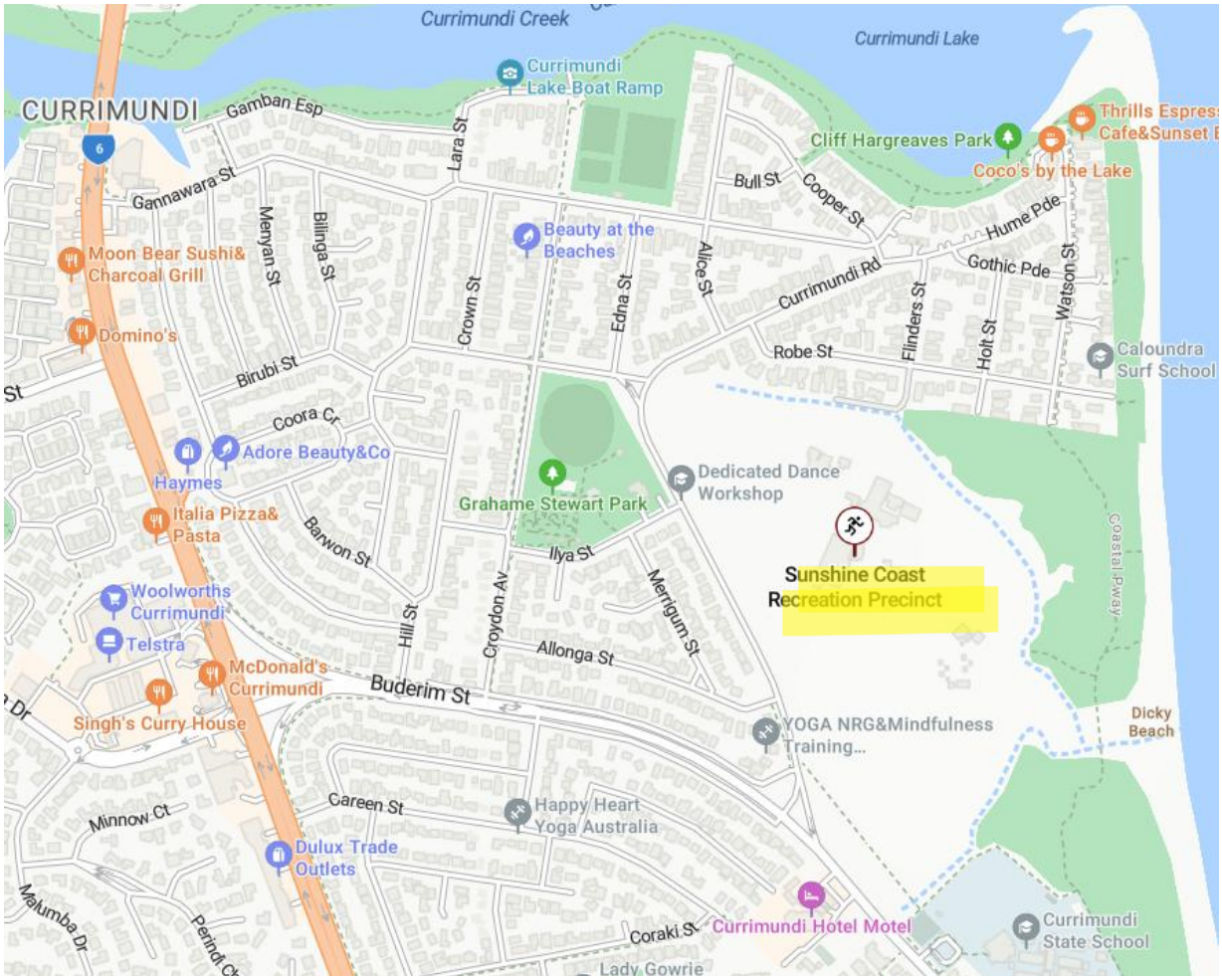
Q: What if a parent/caregiver needs to collect my child early from camp?
You can collect your child early from camp if required. Please ensure that arrangements are made in advance with your child's House Pastoral Leader. This helps us coordinate your child's departure smoothly and ensures all safety procedures are followed.

<u>Support for Anxious Campers</u>
Q: I'm nervous about going to camp. What should I do?
You're not alone—many students feel this way.

When you start Year 7 talk to your House Pastoral Leader or Guidance Counsellor in the first few weeks of school. They can help you prepare and feel more confident.

Right now, you could be building your confidence by having nights away at family or friend's houses. You could also look to try some challenging activities on the summer holidays - do some research and make a proposal to your parents.

Location



Sunshine Coast Recreation Precinct

80 Currimundi Road
Sunshine Coast Queensland

Website:
Sunshine Coast Recreation Precinct | Recreation, sport and arts | Queensland Government