



11 November 2019

Dear Parent or Carer

Year 9 Camp – Monday 17 February to Friday 21 February 2020

We warmly welcome you and your daughter to the Upper School in 2020. Next year will provide many positive challenges for the girls: the commencement of Stage 5 courses, introduction of Community and Service Learning activities, substantial opportunities to serve as leaders and tailored Wellbeing programs addressing issues arising at this time of adolescence. Your daughter's experience in the Upper School commences with a wonderful journey exploring Sydney during the Year 9 Urban Challenge camp.

This unique camp has been developed with a focus on building relationships in an environment that promotes initiative, perseverance, adaptability, a sense of responsibility and an awareness of self and others. In addition, the camp will provide an opportunity for our staff to get to know your daughter and for her to develop relationships with girls within her newly-formed Connect group and beyond.

Spark Day – On Campus: Monday 17 February

There are so many influences on young women that make their journey through adolescence sometimes tricky and conflicting. Having to navigate peer pressure, body image, media influences, expectations, online and digital spaces can be daunting and often girls find it difficult to deal with these changes that are occurring. With only the girls together, this program will discover how young women can seek to respect themselves and others in their immediate worlds. SPARK provides the tools which help young women build confidence, positively express themselves, understand their values, cultivate gratitude and perspective and build their capacity to be resilient. The program aims to enhance emotional intelligence and empowers students to build positive and healthy relationships with their peers, parents and their community. **Spark Day runs from 8.15am and your daughter will return home as usual at the conclusion of the day at 3.15pm. School uniform is to be worn on this day.**

The Urban Challenge Program: Tuesday 18 February to Friday 21 February

Please ensure your daughter arrives by 8.10am on Tuesday 18 February. She will return on Friday in time to catch her usual method of transportation at school dismissal time.

The Urban Challenge is a four-day program where the girls take an odyssey across the Northern Beaches, Bondi and Sydney CBD, completing a range of projects, activities and challenges. The program commences and concludes at the school and the girls will move via several forms of public transport throughout the challenge. The nature of the activities that the girls will engage in and the instructions for meals will be presented to the groups as unfolding clues. Some of these clues will be sent via text messages over the group's mobile phone (provided by Urban Challenge), some are found as envelopes at certain places and others are downloaded via the internet once the group has uploaded certain information from their day.

Within the group, all of the girls will be allocated various roles, such as; Leader, Navigator, Treasurer, Journalist, Photographer, Communications and Accommodation Liaison. These girls will be responsible for that function across the course of the program. The students will be allocated into teams and will travel with a school staff member and an Urban Challenge staff member who will assist with supervision and conduct of activities.

Accommodation is provided in YHA hostels within the city area. These have been selected for their specialised set-up in dealing with school teams. We ask that any dietary requirements are noted on the Medical form to ensure your daughter's requirements are met.

Avon Road Pymble NSW 2073 | PO Box 136 North Ryde BC NSW 1670
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ABN 78 619 140 464 | CRICOS 03288K

The Urban Challenge is an excellent opportunity for the girls to build new relationships, work as a small team, take responsibility for a broad range of decisions and functions, and to have an exciting and fun adventure in Sydney.

Cost

There is no additional charge for this Camp.

Special Arrangements

Requests for special arrangements due to external exams or medical issues should be sent to the Upper School Office (upperschool@pymblelc.nsw.edu.au) prior to 18 November 2019.

Clothing and Equipment

A clothing and equipment list is attached to this letter. Your daughter will be staying in clean, comfortable youth hostels that will provide all bedding and linen. She will not need to bring her own pillow or sleeping bag as these will be provided. Urban Challenge will provide a microfibre travel towel. Students need to pack all of their clothes into a small backpack (similar size to a school bag). Please avoid larger bags as the girls will carry their bag with them for the duration of the camp. The aim of the program is for our girls to be able to move independently and easily throughout Sydney while catching public transport.

Return to School

All students will resume normal classes on Monday 24 February.

Forms – Please note that all forms will be completed online

Please use the following username and password to access the forms at www.theurbanchallenge.com.au

Username: plcurban Password: plc2020

- Medical and Consent Form
- Activity Consent Forms
- Letter of explanation for non-participation with medical certificate (if required)

Contact Details

If you need to contact *Pymble* teachers or students due to an emergency during the Urban Challenge, the three 24-hour emergency contact numbers are:

Urban Challenge office:	02 9483 9333
Upper School Office:	02 9855 7688
Melissa Boyd – Head of Upper School:	0408 962 663

In case of illness or injury during the program, parents will be contacted and girls will be supervised in the hostel until such time as they can be collected.

We feel sure this program will be an enjoyable, challenging and fulfilling experience and one that will hold special memories for the girls. Please address any questions to either Mrs Melissa Boyd or Ms Gina Ventura directly and we will be delighted to discuss the opportunities and benefits of this experience further.

Yours faithfully



Mrs Melissa Boyd
Head of Upper School



Ms Gina Ventura
Deputy Head of Upper School (Year 9)

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