

POWER OF WON

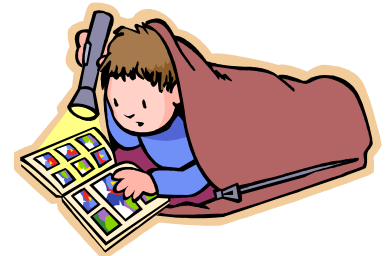
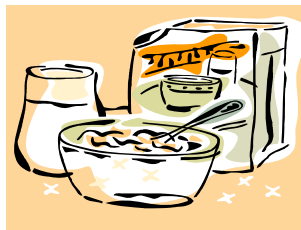
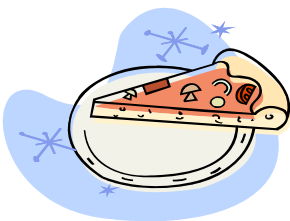
2009 SLEEP OVER

EQUIPMENT GUIDE

The following guide to equipment requirements is compiled with several factors involved:

1. The listed items are a suggestion as to what to bring. Please remember, apart from the sleeping bag, everything brought along is to be carried in one bag to lessen the chance of things going missing.
2. The following is a list of items to be left at home: all forms of electronic music production, reproduction, games and entertainment are not permitted. Similarly mobile phones and other electronic gadgets are prohibited. The reason for this is we do want all students mixing and mingling with each other and not glued to Gameboys, Ipods etc. Please add to this list of barred items any ignition device, inappropriate published material, pressure pack (aerosol cans) eg deodorant.
3. All **medicine(s) must be handed to Sensei Michael Caruana or Michelle Caruana** either as you arrive or just before the sleepover night begins (7:00p.m.), with your child's name, the dose to be taken and when it should be taken. (These will be kept in the first aid kit and distributed as required). Students are not to be in possession of any medicine while on the sleep over.

The list on the reverse of this letter is a guide as to what to bring along. Please feel free to include other items not listed if you feel they will further enhance the enjoyment of the night. If you are unsure, please consult Michelle or Sensei Michael to seek approval.



P.T.O for: Suggested items to bring list

PIZZA

Please circle the pizza type you would like to eat on the night.

Hawaiian

B.B.Q Chicken

Margherita

PLEASE NOTE: If your child does not like any of these pizza types, you will need to provide something for your child to have for dinner.

SUGGESTED ITEMS TO BRING ALONG

***** Please remember to label anything you wish to have returned. The last thing we want is to go home with or have students stressing over having lost any items.**

Hand towel	To wipe mouth after brushing teeth
Wash kit	Includes comb, toothbrush, toothpaste. Students will shower at home.
Pillow	Good and comfy
Handkerchief	Preferably not tissues but fabric.
Sleeping bag	A good warm sleeping bag preferably with a hood.
Mattress	The students will have the mats to lay their sleeping bags on, however, you may bring a blow up or fold out mattress, we have the room! We will lay all sleeping bags on the karate mats for comfort.
Torch	Be sure the batteries are not worn out and perhaps include a spare globe.
Stationary Pens/pencils/text as/ scissors & ruler	Needed to design and decorate the planes for the plane competition and for other fun planned activities.
Sleepover eating equipment	Includes: 2 cups , a bowl and 2 plates – all plastic , as well as cutlery (knife – not too sharp, fork & spoon) and a tea towel. Keep all this together in a plastic or cloth bag .
Beanie	It will get cold at night, however we will have safe heaters on at intervals
Pyjamas / Tracksuit	Pyjamas as such are not required as students may sleep in their tracksuits, but students are recommended to have separate clothes to sleep in that are separate to those they have been active in.
Food (No NUT products)	Enough to sufficiently satisfy your child for a snack here and there. Please note: we will have pizzas for dinner, then we will bring out the party plates supplied by the students for supper (Looking forward to the high!!!), then students will be offered toast and or cereal in the morning.
Party plate (No NUT products)	It would be great if you would provide a party plate of food to put out for our evening snack.
Drinks	We will provide cordial. If your child requests something else, please include this in their supplies.
Board Games	There will be time allocated for free play. So please feel free to bring along as many games as you wish.
Change of clothes for after karate training	Students should change into clothes which allow for games to be played.
Change of clothes for Saturday morning	Students will be wearing these clothes for Saturday, as the previous night's clothes may be dirty having been involved in some 'energetic' activities.