



## STEWART HOUSE INFORMATION FOR PARENTS

**PLEASE KEEP THIS INFORMATION IN A SAFE PLACE**

**ADDRESS:** cnr Batho St and Wyadra Avenue  
PO Box 21 FRESHWATER NSW 2096

**TELEPHONE:** (02) 9938 3100

**EMAIL ADDRESS:** [students@stewarthouse.org.au](mailto:students@stewarthouse.org.au) **WEBSITE ADDRESS:** [www.stewarthouse.org.au](http://www.stewarthouse.org.au)

**You are required to complete 6 FORMS on PAGES 3 – 8 and return to your school principal ASAP.**  
These relate to the permissions we require from you for your child to participate in the program.

**Enrolment in the Stewart House program and transport to and from Stewart House is at no cost to parents or caregivers.** While at Stewart House, all meals, snacks and excursion entry fees are provided free of charge.

### **What Is Stewart House?**

Every year 1,800 public school children attend our safe haven next to Curl Curl beach at no cost to their parents or carers. During a 12 day stay they are provided with dental, optical, hearing and medical screening and treatment.

Children participate in educational programs and excursions designed to develop their social and emotional skills, build self-esteem and improve their overall well-being.

This experience provides children with a much needed break from their current circumstance. Our children are inspired to see beyond the present and to have real hope and positive aspirations for their future.

Stewart House caters for children from Year 2 to Year 8 who are enrolled in public schools in NSW and the ACT. Younger or older children may attend with the approval of the Principal, Stewart House School.

Stewart House provides dormitory style accommodation for students across a 12–day stay and gives children opportunities for developing a healthy lifestyle, for building self-esteem, coping and social skills and a sense of wellbeing.

Attendance at Stewart House is organised ONLY through a nomination from your local public school principal.

**Please visit our website [www.stewarthouse.org.au](http://www.stewarthouse.org.au) to view a short introductory video to see what happen at Stewart House: 'Let's Get Happy – A Day In The Life Of Stewart House'.**

### **Contact With Your Child During Their Stay**

Students will not be able to contact you by telephone but are encouraged to send postcards and email to home or school. All email messages from parents/ carers will be passed on and general telephone enquiries are best made using the above number after 9.30am on school days only.

You will be contacted if we need to seek further medical permissions or your assistance in providing appropriate care for your child. DVDs and activity books are given to all children as mementos of their visit.

### **The Stewart House Program**

Teachers and Residential Supervisors look after the children across their 12 day visit. The program includes excursions, art, craft, dance and fitness, personal hygiene and activities to build self-esteem and social skills. Excursion visits include the Powerhouse Museum, Sydney Olympic Park, Taronga Zoo, Australian Museum, local pools including the Sydney International Aquatic Centre and sporting events and television stations where possible.

Other activities are provided depending on availability and identified need.

### What Your Child Should Bring To Stewart House

- Three changes of clothing, including underwear, pyjamas, swimming costume; comfortable shoes (no thongs), some warm clothes and a hat.
- Toiletries including toothbrush, toothpaste and soap
- Large bag to take extra gifts home
- Prescription medications in their original packaging
- **BED LINEN AND TOWELS ARE PROVIDED**
- **LAUNDRY IS DONE ON A DAILY BASIS** - Please mark your child's name on all clothing

### NOT Permitted At Stewart House At Anytime

- midriff or singlet tops due to risk of sunburn
- lollies or other personal food items
- hair dryers and hair straighteners due to risk of electrical fire
- tobacco and alcohol

### Items (Used In Transit) That Will Be Impounded For Safe Keeping On Arrival

- mobile/smart phones, iPODS, MP3 players, digital cameras (**it is not appropriate for students to carry or use mobile phones at any time within the 12-day program**)
- money (all activities are provided free of charge)
- non-prescription drugs (that do not have doctor's or pharmacist's instructions specific for your child)

### Health

Your child's hair, teeth, eyes, ears and general health will be checked by qualified staff and where appropriate, treatment given. Stewart House staff are sensitive and responsive to children with healthcare needs. No child will knowingly be placed in an embarrassing situation, so please advise us of your child's needs.

**ALL DRUGS AND MEDICATIONS MUST BE HANDED IN ON ARRIVAL AT STEWART HOUSE**

**MEDICATION WILL NOT BE GIVEN TO YOUR CHILD WHILE AT STEWART HOUSE UNLESS IT IS PRESCRIBED BY A DOCTOR AND SENT TO US IN THE ORIGINAL BOX OR BOTTLE YOU GET FROM THE CHEMIST.**

**THE CHILD'S NAME AND CHEMIST'S INSTRUCTIONS FOR USE MUST BE ON THE FRONT OF THE MEDICATION.**

**MEDICATIONS CANNOT BE RE-PACKED INTO DAILY DOSES (EVEN BY THE CHEMIST).**

### Exclusions

Children who have had contact with a contagious disease within four weeks prior to their proposed visit SHOULD NOT attend. If your child falls ill immediately before the visit, please consult with Stewart House as to whether he or she should come and then have your school principal contact the trip co-ordinator.

### Meals

Stewart House serves nutritious meals, including fruit and vegetables (breakfast, early lunch, snack, dinner and supper).

**PLEASE MARK CLEARLY ON THE APPLICATION FORMS IF YOUR CHILD HAS ANY FOOD ALLERGIES OR SPECIAL DIETARY REQUIREMENTS.**

### Aboriginal And Torres Strait Islanders

Parents or carers are encouraged to contact our Aboriginal Education Officer. Indigenous and Environmental studies are a focus of the program.

We hope that the visit to Stewart House enables your child to:

- be more confident in social situations with their friends and with adults
- be more positive and aware of feeling good about themselves and their culture
- experience the sights and sounds of a major capital city and have lots of fun