



PRINCE ALFRED COLLEGE

Presents...



**FATHER AND SON WEEKEND  
2021**

March 2021

Dear Year 5 Parents / Guardians,

I write to invite you to our annual Year 5 Father and Son weekend. Every boy is encouraged to attend the Father and Son Weekend with his father or a significant adult. This is an ideal opportunity for boys to bond with their father and the other boys. It also enables the boys and fathers to become familiar with the Scotts Creek environment before the boys attend the class programs late in Term 2. The program is run at Scotts Creek, our campus on the Murray River, north-east of Adelaide and this year the film 'Monsters Inc.' will inspire our activities.

Families may choose to attend either of the two program dates, noting that number limits will apply to ensure both programs are evenly subscribed. Bookings must be made via TryBooking – further information is in the program information booklet.

- **Father and Son Weekend 1 - Saturday 1 to Sunday 2 May, 2021**
- **Father and Son Weekend 2 – Saturday 22 to Sunday 23 May, 2021**

We are conscious that some fathers may not be able to be present and therefore extend the invitation to include a 'significant other' so that all boys in Year 5 may attend. The significant other may be an uncle, grandfather or a close friend of the family who is a male role model for your son. However, we do not encourage older brothers or cousins, even if they are over 18 years of age. We are hoping to develop and encourage a relationship between your child and someone they consider a 'father-like figure'. If it becomes too difficult to find a suitable male mentor, our invitation is definitely extended to mothers too.

In line with the updated legislation in South Australia all adults attending the Father and Son program must complete a 'Working With Children Check' (WWCC). You can use the link below to access the online forms; as a volunteer there is no cost for your screening.  
<https://www.dcsiscreening.sa.gov.au/SCRequestApplicationIndividual>. This process can take up to six weeks - please apply now to ensure you have your check by Friday 30 April.

Once you have received your completed check, you must email your Unique ID SRN number, full name (first name, middle name, surname) and date of birth to the Preparatory School Office via [prepoffice@pac.edu.au](mailto:prepoffice@pac.edu.au) so your clearance details can be added to the College's WWCC Portal.

Please note there are significant fines in place for the College and the individual if you do not hold a valid clearance. Fathers will not be able to attend the weekend without a WWCC. Further information regarding screening is accessible via the following link. <https://screening.sa.gov.au/types-of-check/new-working-with-children-checks>.

In line with the College, the Scotts Creek staff are taking precautions to make Scotts Creek a Covid Safe environment for all. This includes, but is not limited to, social distancing measures, increased cleaning, individual equipment issued to where practical, and hand hygiene stations at key locations around the property. Please do not attend the program if you or your son are unwell or displaying any signs or symptoms of Covid-19. If unsure, please refer to the College information [here](#). In line with our Covid Safe plan, once onsite it is expected that you use the Scotts Creek QR code Covid-Safe Check In for contact tracing purposes.

All attendees are to meet on the morning of their program at 'The Leaf' by **8.45 am**, ready to depart from school by bus at approximately **9.00 am** and will arrive at Scotts Creek by **11.30 am**. The movie 'Monsters Inc.' will be played during the journey to Scotts Creek to set the scene for the weekend's activities. We anticipate that departure from Scotts Creek will be around **1.30 pm** on Sunday afternoon, arriving back in Adelaide at approximately **4.00 pm**. We are requesting that there be no other vehicles other than the bus provided so we can enjoy the whole adventure together.

There will be a variety of fun 'father and son activities', and some relaxing time for you to spend with your son in the beautiful Scotts Creek environment. Some activities for the weekend include canoeing, indoor rock climbing, fishing, games, and a quiz night. The staff at Scotts Creek have organised a series of adventurous team building activities for you and your son. The program's activities will also see fathers and sons working collaboratively to solve mental and physical challenges and strengthen relationships that we hope will continue to grow once you leave Scotts Creek. It is the father's responsibility to fully supervise their son for the entirety of the program. No particular skills are required but your enthusiasm and engagement in activities will make the weekend a highly memorable experience for you and your son.

The cost of the program is \$160 for both father and son (\$80 per person) which includes all meals, accommodation, transport via bus, and activities. Please book and pay online by the dates outlined below. Bookings will not be accepted after these dates:

- Program 1 by 4pm Wednesday 31 March, 2021
- Program 2 by 4pm Wednesday 28 April, 2021.

To access this please visit the booking link: **Book Now**

Find and click on Scotts Creek Year 5 Father and Son-Program 1 or 2, and click 'Book Now'. Then simply fill in the necessary details. It is vital that bookings and payments are received by the due date to ensure that you and your son do not miss out. You will also need to indicate whether there are any special dietary requirements for catering purposes.

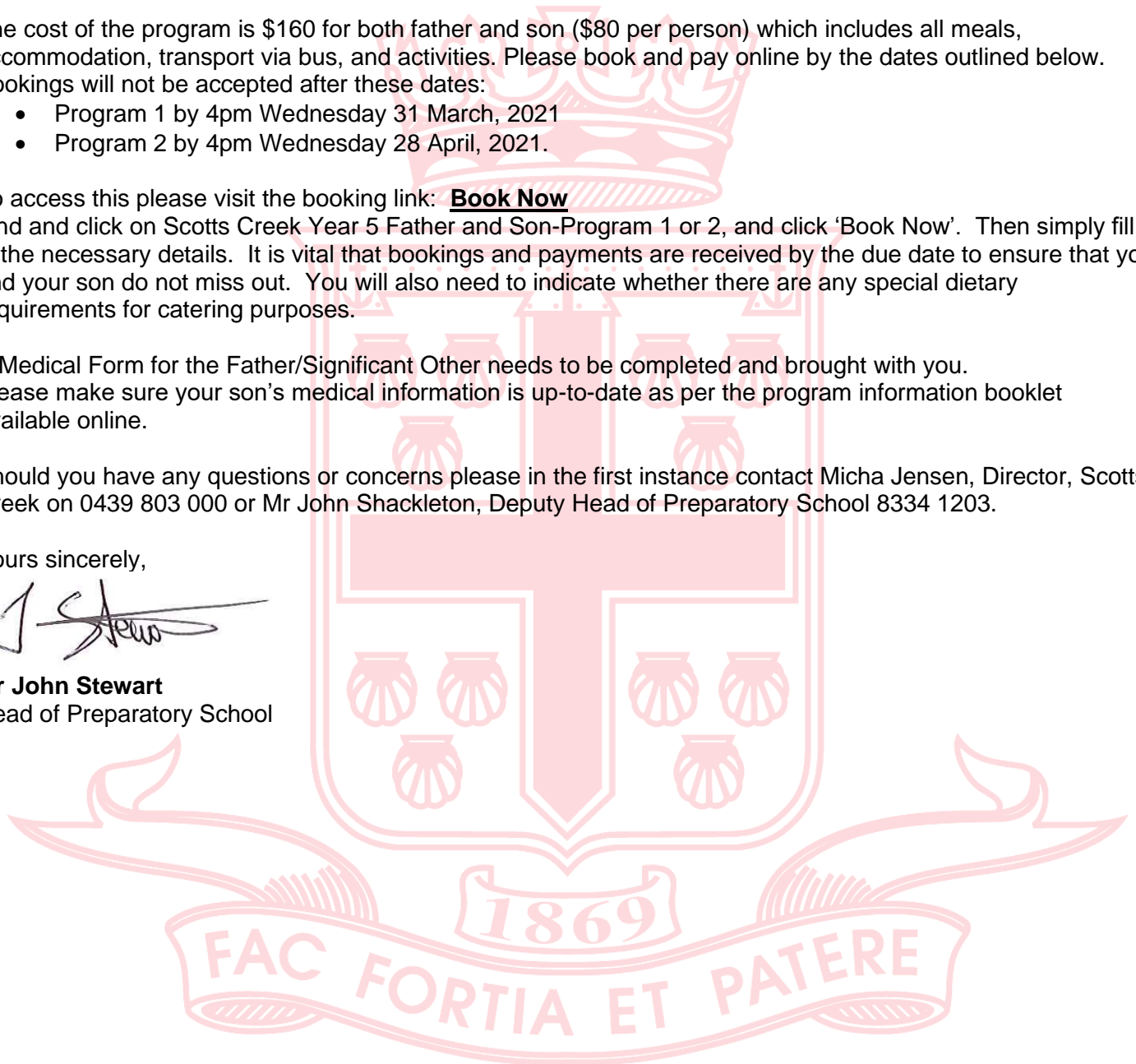
A Medical Form for the Father/Significant Other needs to be completed and brought with you. Please make sure your son's medical information is up-to-date as per the program information booklet available online.

Should you have any questions or concerns please in the first instance contact Micha Jensen, Director, Scotts Creek on 0439 803 000 or Mr John Shackleton, Deputy Head of Preparatory School 8334 1203.

Yours sincerely,



**Mr John Stewart**  
Head of Preparatory School



## Medical Information

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It is essential that the PAC Outdoor Education staff have up-to-date medical information for your son. Please follow the steps below to ensure that all medical information has been checked and updated prior to returning your son's consent form. Alternatively, you can phone the PAC Health Centre on 8334 1205.

Student Medical records can now be reviewed and updated within the Parent Lounge: <https://tass.pac.edu.au/parentlounge>

Access to Parent Lounge is via Single Sign-On. If you haven't yet set up your access, please contact ICT Services for support: [ictservices@pac.edu.au](mailto:ictservices@pac.edu.au)

Once you have logged into Parent Lounge, to make changes to the Student Medical Records please select:

- Student Details -> Medical Details.

To update any of the information on this page please click "Update" / "New" within the relevant section.

After you have made your changes click "Submit Changes" / "+ Submit New" to save your updates.

Please note that these changes might not be visible immediately as they will be reviewed by our Health Centre staff.

## Catering

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The Scotts Creek catering team provides a large diversity of foods during the time that your son is on program. The menu is well balanced, nutritional and most importantly, attractive to students. Please outline any specific dietary requirements on the consent form. If you have any further questions regarding catering please contact Micha Jensen on 0439 803 000 or [mjensen@pac.edu.au](mailto:mjensen@pac.edu.au)

## Staff

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PAC Outdoor Education Staff are highly qualified and experienced Outdoor Education teachers and instructors. Staff are trained in Wilderness First Aid and are familiar with the Scotts Creek environment. If you require contact with a PAC staff member during the program please contact Micha Jensen on 0439 803 000 or (08) 8540 2231.

<b>Micha Jensen</b>	- Director of Scotts Creek Outdoor Centre
<b>Sarah Habel</b>	- Outdoor Education Instructor
<b>Sean Meredith</b>	- Outdoor Education Instructor
<b>Ellie Stroehler</b>	- Outdoor Education Instructor
<b>Meridee Jensen</b>	- Outdoor Education Instructor
<b>Alice Cook</b>	- Outdoor Education Instructor
<b>Bell Rowe</b>	- Outdoor Education Instructor



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## Intended Program

Saturday	Sunday
8:45am Meet at The Leaf and load the bus	7:00am Wake up
	Free time
9:00am Depart PAC from The Leaf	8:00 Breakfast
	9.30am Challenge 3 Group 1: 2319! 2319! Group 2: Finding Boo's door Group 3: A-Dooring Boo Group 4: There's snow way down
11:30am Arrive at SCOC	10.45am Challenge 4
11:40am Welcome & Safety Briefing Divide into teams Move into dorms or set up tents  12:30 Lunch	Group 1: There's snow way down Group 2: 2319! 2319! Group 3: Finding Boo's door Group 4: A-Dooring Boo
1:00pm Challenge 1  Group 1: A-Dooring Boo Group 2: There's snow way down Group 3: 2319! 2319! Group 4: Finding Boo's door	12:15pm Lunch
	Pack Up  Presentations
2:15pm Free Time	1.30pm Depart SCOC
3:15pm Challenge 2  Group 1: Finding Boo's door Group 2: A-Dooring Boo Group 3: There's snow way down Group 4: 2319! 2319!	
4:30pm Free Time	4.00pm Arrive PAC
5:40pm Duties	
6:00pm Dinner	
7:00pm Quiz Night	
9:00pm Bed Time	

# Gear and Equipment List

## Around the campus...

- Broad brimmed hat
- Two pairs of enclosed Shoes
  - Old pair for aquatics
  - Comfortable pair for around the Centre
- Three sets of underwear
- Three sets of socks
- Two pairs of shorts
- Three t-shirts
- Bathers/board shorts
- Track pants
- Jumper
- Towel
- Sunscreen, lip balm
- Water bottle
- Garbage bags for wet clothes
- Personal medication (both father and son)
- Toiletries

## At night...

- Small, compact torch with spare batteries
- Sleeping bag
- Insect repellent (tropical strength Rid / Aerogard)
- Pillow & pillowcase

## Optional Items...

- Fishing gear
- Camera

## Items to leave at home...

- Electronic equipment including; Phones, Ipad, Computer.
- Junk food (chips, soft drink, lollies etc.)
- Money (there is nowhere to spend it!)



## Medical Form for the FATHER OR SIGNIFICANT OTHER

Emergency Contact	Telephone Number (s)
1.	
2.	

Your Name: \_\_\_\_\_ School: \_\_\_\_\_ Program Date: \_\_\_\_\_

**Medicare Number:** \_\_\_\_\_

Number on card: \_\_\_\_\_ Card Expiry Date: \_\_\_\_\_

Are you covered by **Private Insurance** for hospital treatment? YES  NO

Are you covered by an **Ambulance** subscription or insurance? YES  NO

Have you received a complete course of **Tetanus** immunisations? YES  NO

Date of last booster injection: \_\_\_\_\_

Do you have any medical condition / health problem / allergy that may affect you? YES  NO

If "YES" – Please give details: \_\_\_\_\_

Treatment required if needed: \_\_\_\_\_

Are you aware of any **Potential Medical Emergency Allergies** that may affect you? YES  NO

Details of Emergency: \_\_\_\_\_

How can we recognise the emergency? \_\_\_\_\_

How could it be prevented/avoided? \_\_\_\_\_

Treatment required in an emergency: \_\_\_\_\_

Is it necessary for you to take medication as part of the treatment for your medical condition? YES  NO

Details: \_\_\_\_\_

What is your current swimming ability?      Nil      Weak      Competent      Strong

### FOR EMERGENCY USE ONLY

Name of Family Doctor	Address of Family Doctor	Telephone Number
Name of Medical Specialist	Address of Medical Specialist	Telephone Number