



PRINCE
ALFRED
COLLEGE

Year 3 Outdoor Education Program

Woodhouse Activity Centre | 2021



February 2021

Dear Parents,

In term four this year, your son will be taking part in the Year 3 Adelaide Hills program at Woodhouse. Boys will participate in a range of activities that cover many aspects of group development and teamwork skills. Boys will work together in small activity groups learning basic social skills and specific outdoor concepts.

The Woodhouse campsite is located in the stunning Piccadilly Valley, just 25 minutes from the Adelaide GPO. We will be staying in dorm style accommodation on 54 hectares of rolling and tree studded countryside with a natural watercourse that winds its way through the beautiful site at Woodhouse.

This program has been designed with the aim of integrating the Year 3 program with the College's outdoor curriculum. Members of the outdoor education faculty will facilitate all aspect of the program with assistance from classroom teachers. Skills learnt whilst on program will aid the boys as they move through the outdoor and environmental education curriculum.

To help your son prepare for this program, please note the following.

Food – Your son will need to bring a **packed recess & lunch on the first day** (Wednesday) all other meals will be provided.

Clothing – Please see the attached sheet for a list of clothing. Make sure clothing is included which can get wet or dirty. Please see that all items listed are brought along and suitably named.

Medical & Consent Forms – Please ensure the [Prince Alfred College Outdoor Education consent form](#) is signed and returned to your son's class teacher.

To ensure your son's medical information is correct, please log on to the PAC website (instructions within this information booklet) and check that the medical details are up to date. If your son requires specialist medication, e.g. Ventolin, Epipen etc. please ensure this is packed and sent with your son from home (any medication he currently has stored at PAC will be sent as 'back up' only). Please inform Micha Jensen of any current medication or special concerns. Medication required on program must be accompanied by a completed [Medication Authority form](#).

Covid-19 – Please do not send your son on program if he is unwell, displaying symptoms of Covid-19 OR is being tested for Covid-19. [If unsure, please refer to the College information here.](#)

Please do not allow your son to bring radios, MP3 players, electronic games, mobile phones, lollies or money. We would like to get away from our normal high-tech style of living for a couple of days. We encourage your child to bring a musical instrument.

We trust that boys will take this opportunity to strengthen existing friendships and establish new friends. Cooperation, consideration and respect for others and our environment are central to the success of this program. Every effort should be made to learn new skills and acquire attitudes during this program that are positive, thoughtful and constructive.

Please contact me 0439 803 000 or email mjensen@pac.edu.au if you require any further information.

Yours sincerely,

Micha Jensen
Director Scotts Creek Outdoor Centre

Outdoor Education at Prince Alfred College

Outdoor education in the IB Primary Years Programme (PYP) is concerned with the individual's wellbeing through the promotion and development of concepts, knowledge, attitudes and skills that contribute to this wellbeing. Wellbeing is intrinsically linked to all aspects of a student's experience at school and beyond. It encompasses physical, emotional, cognitive, spiritual and social health and development, and contributes to an understanding of self, to developing and maintaining relationships with others, and to participation in an active, healthy lifestyle.

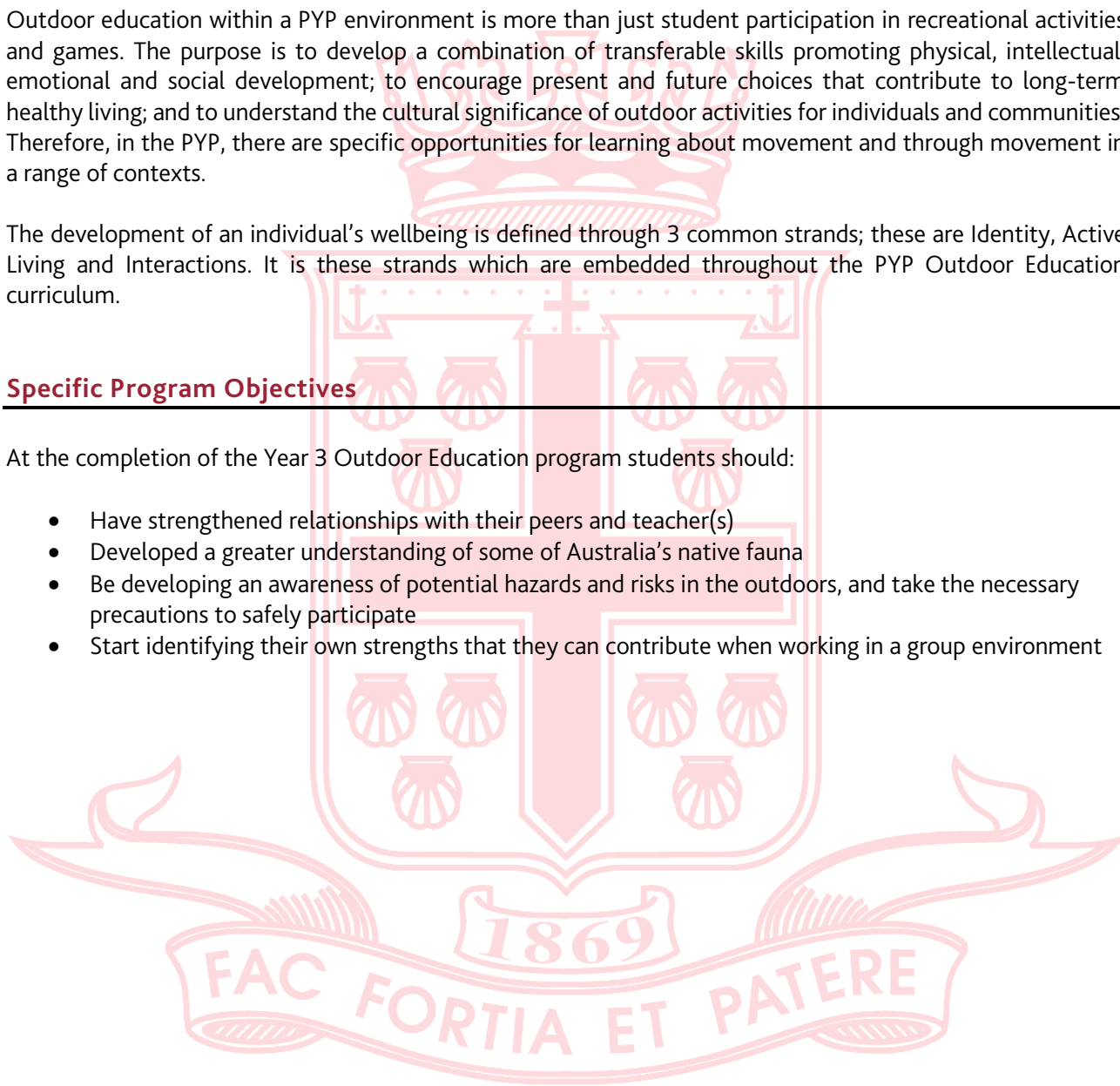
Outdoor education within a PYP environment is more than just student participation in recreational activities and games. The purpose is to develop a combination of transferable skills promoting physical, intellectual, emotional and social development; to encourage present and future choices that contribute to long-term healthy living; and to understand the cultural significance of outdoor activities for individuals and communities. Therefore, in the PYP, there are specific opportunities for learning about movement and through movement in a range of contexts.

The development of an individual's wellbeing is defined through 3 common strands; these are Identity, Active Living and Interactions. It is these strands which are embedded throughout the PYP Outdoor Education curriculum.

Specific Program Objectives

At the completion of the Year 3 Outdoor Education program students should:

- Have strengthened relationships with their peers and teacher(s)
- Developed a greater understanding of some of Australia's native fauna
- Be developing an awareness of potential hazards and risks in the outdoors, and take the necessary precautions to safely participate
- Start identifying their own strengths that they can contribute when working in a group environment



Intended Year 3 Program

	Wednesday	Thursday	Friday
7:00am		Wake up	Wake up
7:45am		Duties	Duties
8:00am		BREAKY	BREAKY
9:00am	9.30am Depart PAC Dequetteville Tce Arrive Woodhouse & have recess Settle in & explore	a) Animals Anonymous b) Bottle Design	Pack up Year 11 Games Rotation
10:00am		Morning Break	Morning Break
11:00am		b) Animals Anonymous a) Bottle Design	Attack and Defend OR Challenge Hill
12:30pm	LUNCH – brought from home	LUNCH	LUNCH
1:30pm	Group Activity	a) Attack & Defend b) Mini Olympics	Games
2:00pm	CHALLENGE HILL		2:00pm Depart Woodhouse 2.30pm Arrive PAC
3:00pm	Afternoon Break	Afternoon Break	
3:30pm	CHALLENGE HILL	a) Mini Olympics b) Attack & defend	
4:30pm	Free Time	Free Time	
5:45pm	Duties	Duties	
6:00pm	DINNER	DINNER	
7:00pm	Story Time	Booklets/ showers/ stories	
8:00pm	Supper	Supper	
8:15pm	Lights Out	Lights Out	

Dates & Times

The bus will depart from Dequetteville Terrace at 9.30am Wednesday 20th October. Students are asked to arrive at 9.00am.

The bus will return to PAC from Woodhouse at approximately 2.30pm Friday 22nd October.

Covid-19

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 students where practical, and hand hygiene stations at key locations around the property. Please do not send your son on program if they are unwell or displaying any signs and symptoms of Covid-19.

Medical Information

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

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

Your son will need to provide his **own recess & lunch for the first day** of the program (Wednesday). The Scott's Creek catering team will provide all other meals. Our caterers provide a great service for the boys on program. The menu is well balanced, nutritional and most importantly attractive to children. 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.

Accommodation

Woodhouse provides dormitory style accommodation. Meals will be consumed in the Main Hall. Boys will have access to hot showers and flush toilets throughout the duration of the program.

Staff

PAC Outdoor Education Staff are highly qualified and experienced Outdoor Education teachers and instructors. Staff are trained in Advanced Wilderness First Aid and are familiar with the Woodhouse environment.

Micha Jensen	Director of Scotts Creek Outdoor Centre
Sarah Habel	Outdoor Education Instructor
Sean Meredith	Outdoor Education Instructor
Ellie Stroeher	Outdoor Education Instructor
Belinda Rowe	Outdoor Education Instructor

Communication Systems

The campsite has a direct phone line for emergency communication. On trips away from the residential camp, mobile phones are used for emergency communication. The contact numbers for the program are:

Woodhouse Campsite	(08) 8339 3333 (9am – 5pm)
Micha Jensen	0439 803 000 (24 hours)

Program Expectations

We want the program to be fun, enjoyable and safe for everyone. Therefore, all School rules and expectations apply. We ask that boys,

1. Listen carefully to and follow instructions given by all staff.
2. Be courteous to all adults and boys.
3. Allow everyone to feel safe.
4. Respect other people's property.
5. Be responsible for your own belongings.
6. Stay on the property unless with a staff member.
7. Take care of the natural environment.

Fire Extinguishers

Fire Extinguishers are an important and expensive piece of safety equipment. The Campsite has numerous fire extinguishers, placed strategically in case of emergency. Students must not tamper with these devices. Boys involved in tampering or improper use of the fire extinguishers will be billed for their repair or replacement.

Living Lightly at Woodhouse

Here are a few easy things that boys can do to lessen the impact on the environment.

- Turn off the light when you are the last one to leave
- Have short showers
- Use the rainwater tanks for drinking
- Turn the water off when brushing your teeth

All these help us to use less energy and materials that lessen our impact on the earth.

And remember...

ACT LOCAL

THINK GLOBAL



REDUCE, REUSE, RECYCLE

Living Together

Respect for each other is important in a community living together and in a camp environment. It is important to respect the privacy of others. This means that the dormitories of other boys must not be entered at any time and that personal equipment of others must not be tampered with.

Program Description

The sessions have a high adventure focus, based around five major activities:

- **Attack & Defend** – Each group is provided with 4 markers and 8 flags. They must stake a "territory" of approx 100 sqm. Their task is then to "steal" territory from other groups by capturing flags used to mark that group's territory. At the same time, they must defend their own territory. This is an activity requiring some strategy development where a balance between attack and defence is found.
- **Bottle Design** – An opportunity for students to get creative and come up with a design for a drink bottle. These will then be turned into a custom aluminium bottle with the final design wrapped around the outside as a lasting memory of the Year 3 program.
- **Mini Olympics** – Students are to complete several tasks as a team. These tasks involve assembling a large puzzle, carting water with cups to fill a large tube, and Geeters.
- **Animals Anonymous** – Students have the opportunity to see, touch, smell, and hold a variety of Australian native animals, including reptiles, crocodiles, squirrel gliders and a Tawny Frogmouth.
- **Challenge Hill** – An exciting and challenging "obstacle course" built into the side of a hill. A great deal of personal development and challenge is the aim, as students push their own personal limits.



Gear and Equipment List

Around the campsite...

- ✓ A comfortable pair of shoes for around the campsite.
- ✓ An old pair of shoes that may get wet
- ✓ Three sets of underwear
- ✓ Three sets of socks
- ✓ Two pairs of shorts
- ✓ Three T-shirts
- ✓ Track pants
- ✓ Jumper
- ✓ Towel
- ✓ Sunscreen & lip balm
- ✓ Broad brimmed hat
- ✓ Plastic bag for wet and dirty gear
- ✓ Water bottle (500ml to 1litre)
- ✓ Waterproof jacket
- ✓ Personal medication- If required (Puffer, preventer etc.)

At night...

- ✓ Small, compact torch **with spare batteries**
- ✓ A warm sleeping bag (Bring extra blankets if you don't think yours is warm enough)
- ✓ Pyjamas
- ✓ Beanie
- ✓ Insect repellent (Tropical Strength Rid / Aero guard)
- ✓ Pillow and Pillowcase
- ✓ Personal toiletries (toothbrush/ paste, soap)
- ✓ A book to read

Items we encourage you to bring...

- ✓ Camera
- ✓ Book

Items to leave at home...

- ✗ Electronic equipment – iPod, iPad, Computer
- ✗ Junk food (chips, soft drink, lollies etc)
- ✗ Mobile Phone
- ✗ No money is required during the program