



PRINCE  
ALFRED  
COLLEGE

# Year 4 Outdoor Education Program

Goolwa | 2021



February 2021

Dear Parents,

Your son will soon be taking part in the Year 4 Coastal Ecology Program at Victor Harbor and Goolwa. The beach environment and coastal activities represent the major focus of the program. Boys will participate in a range of activities that cover many aspects of both the marine and freshwater environment. Boys will work together in small activity groups and begin to understand basic ecological concepts and outdoor skills.

The group will be staying in a designated camp-ground space at the Goolwa Caravan and Tourist park located at 40 Kessell Road, Goolwa. This program has been designed with the aim of integrating the Year 4 program with the College's Outdoor Education curriculum. Staff members from the Outdoor Education department will facilitate the program. The body boarding and beach safety sessions are run by Victor Harbor Aquatics. Skills learnt whilst on the 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** of their program. 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 fill in the consent forms (**both the [Prince Alfred College consent](#) and the [DECS Aquatic consent](#)**) and return them to your class teacher before Friday **February 19<sup>th</sup>**.

To ensure your son's medical information is correct, please log on to the PAC website (instructions detailed in the program 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 the class teacher and 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 a mobile phone, iPod, electronic games, lollies, nuts of any kind, 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.

If you require any further information please contact me on 0439803000 or [mjensen@pac.edu.au](mailto:mjensen@pac.edu.au).

Yours sincerely,



Micha Jensen  
Director Scotts Creek Outdoor Centre



# Outdoor Education at Prince Alfred College

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Outdoor Education in the IB Primary Years Programme (PYP) is concerned with the individual's well-being through the promotion and development of concepts, knowledge, attitudes and skills that contribute to this well-being. Well-being 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. Its 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 well-being 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 Objectives

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At the completion of the Year 4 Outdoor Education program students should:

- Have strengthened relationships with their peers and teacher(s)
- Developed a greater understanding of the ocean environment including its flora and fauna
- Be developing an awareness of potential hazards and risks in an ocean environment, and take the necessary precautions to safely participate
- Start identifying their own strengths that they can contribute when working in a group environment
- Begin developing resilience
- Increase their knowledge and understanding of Aboriginal dream time stories for the lower lakes area

## Dates & Times

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The bus will depart from Dequetteville Terrace at 8.55am. Students are asked to arrive by 8.40am.  
The bus will return to PAC from Victor Harbor at approximately 2.30pm.

The following dates are intended for the Year 4 programs:

Program 1	Miss Andrioli	Tuesday 2 <sup>nd</sup> to Wednesday 3 <sup>rd</sup> March
Program 2	Mr Bishop	Wednesday 3 <sup>rd</sup> to Thursday 4 <sup>th</sup> March
Program 3	Mrs Sathurayar	Thursday 4 <sup>th</sup> to Friday 5 <sup>th</sup> March

## Intended Program

Intended Program 1 – 4 Andrioli

	Day 1 – Tues	Day 2 - Wed
7:00am	8:55am Depart Dequetteville Tce	Wake Up
7:45am		Duties
8:00am		BREAKFAST
9:00am		Pack up
10:00am	Recess  Games	9.30am Travel to Urimbirra
11:00am		Urimbirra Wildlife Experience
12:30pm	LUNCH	1200 LUNCH
1:30pm	Body Boarding at Pt. Elliot  Travel to Goolwa Caravan Park	1:15pm Depart Urimbirra  2:30pm Arrive PAC
5.00pm	Free Time	
5:45pm	Duties	
6:00pm	DINNER	
7:30pm	Twilight Walk and Dreaming stories	
8:00pm		
8:30pm	Journals	
9:00pm	Lights Out	



# Intended Program 2 – 4 Bishop

	Day 1 – Wed	Day 2 - Thurs
7:00am	8:55am Depart Dequetteville Tce	Wake Up
7:45am		Duties
8:00am		BREAKFAST
9:00am		Pack up
10:00am	Recess  Games	9.30am Travel to Pt. Elliot
11:00am		Body Boarding
12:30pm	LUNCH	1200 LUNCH
1:30pm	Urimbirra Wildlife Experience  Travel to Goolwa Caravan Park	1:15pm Depart Pt. Elliot  2:30pm Arrive PAC
5:00pm	Free Time	
5:30pm		
5:45pm	Duties	
6:00pm	DINNER	
7:30pm		
8:00pm	Twilight Walk and Dreaming stories	
8:30pm	Journals	
9:00pm	Lights Out	



Intended Program 3 – 4 Sathurayar

	Day 1 – Thurs	Day 2 - Fri
7:00am	8:55am Depart Dequetteville Tce	Wake Up
7:45am		Duties
8:00am		BREAKFAST
9:00am		Pack up
10:00am		9.30am Travel to Urimbirra
11:00am	Recess	Urimbirra Wildlife Experience
	Games	
12:30pm	LUNCH	1200 LUNCH
1:30pm	Body Boarding at Pt. Elliot  Travel to Goolwa Caravan Park	1:15pm Depart Urimbirra  2:30pm Arrive PAC
5.00pm	Free Time	
5:45pm	Duties	
6:00pm	DINNER	
7:30pm	Twilight Walk and Dreaming stories	
8:00pm		
8:30pm	Journals	
9:00pm	Lights Out	



## Covid-19

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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.

## Staff

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PAC Outdoor Education Staff are highly qualified and experienced Outdoor Educators. Staff are trained in Advanced Wilderness First Aid and are familiar with the Goolwa and Victor Harbor area.

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

## 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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Your son will need to provide his **own recess & lunch for the first day of the program**. At all other times a large diversity of foods is provided by the Scott's Creek catering team. Meals are healthy, nutritionally balanced and plentiful. If your son has any special dietary requirements, please outline this in the program 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).

## Accommodation

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Goolwa caravan and tourist park provides us with a large campground space in which the boys will sleep in 1-person tents provided by Scott's Creek, sleeping mats will also be provided. Tents will be located close to peers as well as staff. Boys will have access to hot showers and flushing toilets throughout the duration of the program.

## Communication Systems

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The Director of Scotts Creek can be contacted at any time during your son's program.

Micha Jensen                      0439 803 000 (24 hour)

## Program Expectations

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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 campsite property unless with a staff member,
7. Take care of the natural environment.

## Fire Extinguishers

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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 Together

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Respect for each other is important in a community living together and in an outdoor program 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.

## Living Lightly at Goolwa

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Here are a few easy things that boys can do to lessen their 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 only
- 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. Remember...

ACT LOCAL

THINK GLOBAL



REDUCE, REUSE, RECYCLE



## Program Description

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Each activity has a different focus with a major focus based around the beach and aquatic activities along the coast of Victor Harbour. Other activities are designed to invoke thought and teamwork amongst the boys. The activities have been designed to fulfil curriculum requirements, develop group skills and allow the students some independence in a fun and entertaining environment.

## Activity Explanations

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**Urimbirra Wildlife Experience** – Boys will have the opportunity to learn and engage with over 70 species of native fauna in a unique environment.

**Magical Madness** – An activity where students will be working in small groups, trying to solve a series of logic problems and “brain teasers”. Elements of English, Maths and Design are incorporated in the activity.

**Beach Games** – Boys will be challenged to work together and in small teams to complete each game to the best of their ability.

**Surfs Up!** – Students will be introduced to base level ocean awareness, hazards, beach rules, basic swimming, jumping and duck diving small waves. The foam body boards provided allows boys the opportunity to further their skills in body boarding and surf awareness.

A staff member/leader will accompany each group of boys.



# Gear and Equipment List

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## For the beach and activities...

- ✓ Small Backpack/Daypack
- ✓ Bathers/ Board shorts
- ✓ Rash top or t-shirt for swimming
- ✓ Beach Towel
- ✓ Thongs or sandals
- ✓ Sun screen
- ✓ Lip balm
- ✓ **Broad brimmed hat - No Hat = no Play**
- ✓ Plastic bags for wet gear x2
- ✓ Water bottle (minimum 500ml capacity)

## Around the campsite...

- ✓ A comfortable pair of sport shoes
- ✓ Three sets of underwear
- ✓ Three sets of socks
- ✓ Two pairs of shorts
- ✓ Three T-shirts
- ✓ Track pants
- ✓ Jumper
- ✓ Towel
- ✓ Waterproof Jacket

## 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
- ✓ Personal toiletries (toothbrush/paste, soap)
- ✓ Beanie
- ✓ Insect repellent (Tropical Strength Rid/Aero Guard)
- ✓ Pillow & Pillowcase

## Items we encourage you to bring...

- ✓ Camera
- ✓ Musical Instrument (if portable)
- ✓ Book

## Items to leave at home...

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