



PRINCE
ALFRED
COLLEGE

Year 7 Outdoor Education Program

Scotts Creek Outdoor Education Centre | 2021



February 2021

Dear Parents,

Your son will soon be taking part in the Year 7 Community perspective program at Scotts Creek.

This year the boys will engage in a unique project which incorporates aspects of leadership, teamwork, and develops a sense of pride in participating in community service. The boys will also be introduced to communal cooking and continue to develop other outdoor skills such as navigation and camp-craft.

Scotts Creek Outdoor Centre is located 7km South of Morgan on an anabranch of the Murray River. It provides a wonderful opportunity for outdoor and environmental activities. We hope that your son's experience at Scotts Creek is both enjoyable and valuable.

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

Clothing – 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 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 mobile phones, MP3 players, electronic games, lollies or money. We would like to get away from our normal high-tech style of living for a couple of days.

Our Outdoor Education Staff are looking forward to working with your son. We believe the program is an exciting learning experience that will be enjoyed by all. We trust that boys will take this opportunity to strengthen existing friendships and establish new social networks. Cooperation, consideration and respect for others and our environment are central to the success of this program.

If you require any further information please feel free to contact me on 0439 803 000 or mjensen@pac.edu.au.

Yours sincerely,



Micha Jensen
Director of Scotts Creek Outdoor Centre

Outdoor Education at Prince Alfred College

Outdoor education in the Middle School is concerned with more than just participating in recreational activities and games. Its primary aims are to encourage the development of “intelligent performers” and to encourage students to understand the importance of a balanced, healthy lifestyle. Throughout the three years of Middle School, students should develop knowledge, critical thinking and reflection skills, a sense of responsibility, as well as interpersonal and self-motivational skills. This should encourage choices that will contribute to long term healthy lifestyles.

Outdoor education will bring the unique perspective of learning through the physical, which can greatly contribute to students’ approaches to learning skills, and is transferable across other subject groups and life situations.

The learning and development associated with outdoor education should contribute to students developing the qualities of the student life framework. It engages with the fundamental concepts of the ‘Princes Man’—holistic development and learning, intercultural awareness and communication.

When the curriculums of outdoor education and other subject groups are developed according to these principles, students will be given the opportunity to:

- Develop a combination of transferable skills promoting physical, intellectual, emotional and social development
- Engage with other subject areas through outdoor education experiences and vice versa
- See the areas of interaction as relevant to outdoor education and contributing to holistic learning
- Consider new, differing and contrasting ideas to their own and use them in the learning process
- Develop abilities to communicate their knowledge, skills and reflections in a variety of situations
- Understand the importance of intellectual, physical and emotional balance
- Give thoughtful consideration to their own learning and experience
- Develop their understanding of the natural environment and their relationship within it to make informed decisions that promote an environmentally sustainable future
- Discover their personal strengths and areas for improvement to become more resilient and independent individuals



Intended Program

Year 7 Outdoor Education (Community Perspective) Group 1:

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am	8.45am depart Capper St Arrive SCOC	Wake Up	Wake Up	Wake Up	Wake Up
7:45		BREAKFAST	BREAKFAST	Fishing	Pack up
8:00			Pack up	Duties	Duties
9:00		Start Paddling	Paddle to SCOC	BREAKFAST	BREAKFAST
10:00		Canoeing Basic Skills/Games	Arrive at SCOC	A) CLIMBING B) SCOC PROJECT	Web of life
11:00			Begin clean up	A) SCOC PROJECT B) CLIMBING	
12:00					LUNCH
12:30	LUNCH	LUNCH	LUNCH	LUNCH	Depart SCOC
1:30	Packing for expedition	Paddling	Debrief		
3:00	Paddle to Expo site	Extended paddle		Kayaking Basic Skills	Arrive at PAC approximatel y 3pm
			Orienteering/Mission Impossible		
4:30	Arrive at campsite	Arrive back at campsite		Team Challenges	
5:00			Free time	Free time	
5:45	Trangia DINNER		Duties	Duties	
6:00		Trangia DINNER	DINNER	DINNER	
7:30	Campfire and games	Campfire and games	Indoor Bouldering	Team games night	
8:30			Reflection	Reflection	
9:30	Lights Out	Lights Out	Lights Out	Lights Out	

Year 7 Outdoor Education
(Community Perspective)
Group 2:

	Monday	Tuesday	Wednesday	Thursday	Friday		
7.00am	8.45am depart Capper St	Wake Up	Wake Up	Wake Up	Wake Up BREAKFAST		
7.15am		Fishing (optional)	Pack up	BREAKFAST	Pack Up Camp		
7.45am		Duties	Duties	Start Paddling	Paddle back to SCOC		
8.00am		BREAKFAST	BREAKFAST		Clean and return Expedition gear		
9.00am		A) CLIMBING	Web of Life				
10.00am		B) SCOC PROJECT					
11.00am	Arrive SCOC	A) SCOC PROJECT B) CLIMBING			Reflection/ Lunch		
12.00pm	Settle into dorms						
12.30pm	LUNCH	LUNCH	LUNCH	LUNCH	Depart SCOC		
2.00pm	Orienteering /Mission Impossible	Kayaking Basic Skills	Packing for expedition	Extended Paddle	Arrive at PAC Approximately 3pm		
3.00pm				Arrive back at campsite			
4.00pm			Paddle to Expo site				
4.30pm						Trangia Dinner	
5.00pm	Free Time	Free Time	Arrive at campsite	Games & Stories			
5.45pm	Duties	Duties	Trangia Dinner				
6.00pm	DINNER	DINNER					
7.30pm	Indoor Bouldering	Year 7 Games Night	Campfire / Games				
9.00pm	SUPPER	SUPPER					
9.30pm	Lights Out	Lights Out	Torches Out	Torches Out			

Dates & Times

The bus will depart from Capper Street at 8.45am. Students are asked to arrive by 8.30am. The bus will return to PAC from Scotts Creek at approximately 3.00pm Friday.

The following dates are intended for Year 7 programs:

7 MHI, MBA, CCO, BCH Term 3, Week 7, Monday 30th August - Friday 3rd September

7 DIH, FED, CDR, MMS Term 3, Week 8, Monday 6th – Friday 10th September

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

The Scott's Creek Catering team 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

Scotts Creek Outdoor Centre contains facilities that consist of three sub-divided dormitories, each containing 20 beds. Beds are bunk style with comfortable mattresses. During expedition students will be accommodated in lightweight camping tents that provide protection against insects and inclement weather. It is important to respect the privacy of others. This means that the dorms or tents of other boys must not be entered at any time and that others' personal equipment must not be tampered with.

Communication Systems

Scotts Creek Outdoor Centre has a direct phone line for emergency communication. On trips away from the residential site, 4G mobile phones and satellite phones are used for emergency communication.

SCOC Office 08 8540 2231
Micha Jensen 0439 803 000 (24 Hours)

Mosquitoes and Ross River Fever

Living and working near a body of water such as Scotts Creek and the Murray River always brings the possibility of mosquitoes being present around the campsite. There is no effective way of ensuring a mosquito free environment and therefore, as there is no guaranteed safe means of co-habiting with mosquitoes, it is recommended to staff and students that they take as many practical preventative measures as possible. We recommend the following:

- Wear long sleeve shirts and pants particularly at dusk
- Use tropical strength repellent

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.

Staff

PAC Outdoor Education Staff are highly qualified and experienced Outdoor Educators. 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.

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

Daily Duties

One of the many activities that students participate in whilst on program is the care and maintenance of the space in which we live. Students come to realise that these jobs are not chores, but activities that are vital to the care and wellbeing of the site and the people we are living with.

Initially, individuals are responsible for the tidiness and cleanliness of their own bed and personal gear. The members of each dormitory are responsible for sweeping and cleaning their room and surrounds. This includes emptying bins and ensuring that the lawn areas are free of litter.

During the program, boys will be expected to complete individual duties. These tasks are completed on a rotational basis, ensuring everyone gets a fair and equal opportunity to have input into the smooth running of the program. At Scotts Creek, the old proverb "Many hands make light work" is evident.

Safety Considerations

The staff at Scotts Creek consider safety a top priority at all times. Students can aid the staff and be responsible for their own wellbeing by following these "common-sense" rules. The Murray River represents a unique, wild environment in which to adventure. There are however, dangers inherent with this area. The river tends to be slightly cooler than the sea and swimming pools, has a fluctuating water depth, and has numerous underwater obstructions. All of these can contribute to injuring swimmers. With this in mind, the following rules have been developed:

- Boys will be expected to wear a Personal Floatation Devices (PFD) in the water at all times
- Boys will be expected to wear shoes whilst involved in all aquatic activities and around SCOC
- Boys can only go down to the landing and water front area if a Scotts Creek staff member, or a supervising teacher accompanies them
- Boys must never dive from the bank

Boundaries

One of the features of Scotts Creek is its open areas. This area is sufficient for all of the Centre's activities. There should be no reason for students to leave the Centre, unless under the direct supervision of a staff member.

General Program Expectations

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

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

Fire Extinguishers

Fire Extinguishers are an important and expensive piece of safety equipment. The Centre 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.

Emergency Procedures

In the unlikely event of a serious accident or incident the Centre has an extensive and detailed Emergency Management Plan.

In the event of a fire at the Centre, a long and continuous siren will be sounded. Students and staff are expected to move to the meeting area immediately. A roll will be called to account for every member on the property. Once this has been completed the staff of Scotts Creek have specialised tasks to bring the emergency under control quickly.

The staff at Scotts Creek have developed expeditions that match the boys' level of experience. The Staff are trained and qualified in all outdoor activities, and have means to evacuate students if the need arises.

Living Lightly at Scotts Creek

- 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 lesson our impact on the earth.



Gear and Equipment List

Around the centre...

- ☐ Broad brimmed hat
- ☐ 1 L Water bottle
- ☐ Two pairs of shoes
 - An old pair for aquatics (**these will get wet**)
 - A comfortable dry pair
- ☐ Four sets of underwear
- ☐ Four sets of socks
- ☐ Two pairs of shorts
- ☐ **Old clothes (to wear while participating in the SCOC Project)**
- ☐ Three T-shirts
- ☐ Bathers / board shorts
- ☐ Track pants
- ☐ Warm polar fleece or wool jumper
- ☐ Towel
- ☐ Sunscreen, lip balm

At night...

- ☐ Small, compact torch **with spare batteries**
- ☐ A compact, warm sleeping bag (bring extra blankets if you don't think yours is warm enough)
- ☐ Beanie
- ☐ Insect repellent (Tropical Strength Rid / Aeroguard)
- ☐ Pillow & Pillowcase
- ☐ Toiletries (Toothbrush, toothpaste, deodorant)

Out on expedition...

- ☐ Waterproof jacket (parachute style material not appropriate)
- ☐ Knife, Fork, Spoon
- ☐ Bowl, Plate and Cup (plastic or enamel)
- ☐ Tea Towel
- ☐ Personal First Aid Kit*(see notes below)
- ☐ Warm woollen or polar fleece jumper

**Personal first aid kit includes Band-Aids, adhesive tape, insect repellent. Personal medication can be carried and administered by the students (asthma puffer), or by the staff (antibiotics), at the parents' discretion and should be noted on the consent form.*

Items we encourage you to bring...

- ✓ Fishing Gear (hand reels are more manageable for students)
- ✓ Camera
- ✓ Book

Items to leave at home...

- ✗ Electronic equipment: iPod, mobile phones, games etc.
- ✗ Extra junk food (chips, soft drink, lollies etc.)
- ✗ No pocket money is required whilst you are at the Centre (there is nowhere to spend it)