



**PRINCE  
ALFRED  
COLLEGE**

# Year 5 Outdoor Education Program

Scotts Creek Outdoor Education Centre | 2023



February 2023

Dear Parents,

Your son will soon be taking part in the Year 5 Cultural Perspectives Program at Scotts Creek. In this program, students will have the opportunity to explore ways that the land and river was used by Indigenous people before and after European settlement. Students will take part in an Aboriginal journey, examine traditional hunting artefacts and tools, listen to dreamtime stories around a campfire and have an opportunity to create a piece of Aboriginal inspired artwork. Students will be introduced to canoeing, swimming and water safety in the river environment in conjunction with minimal impact camping. This all occurs on-site at the beautiful Scotts Creek campus.

Scotts Creek is located 7kms South of Morgan on an anabranh of the Murray River. It provides a wonderful opportunity for outdoor and environmental activities. We hope that your sons' experience at Scotts Creek is both enjoyable and valuable.

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

**Clothing** – Please see the attached sheet for all required clothing and equipment. Make sure to include clothing that can get wet and dirty. Items listed must be brought and suitably named.

**Medical & Consent Forms** – Please ensure you fill out the Prince Alfred College Outdoor Education [Consent Form](#) and return to your son's class teacher before Friday **Monday 1<sup>st</sup> of May**.

To ensure your son's medical information is correct, please log on to the TASS Parent Lounge website (instructions contained in 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 Daniel Cibich of any current medication or special concerns. Medication required on program must be accompanied by a completed [Medication Authority](#).

#### **Covid-19**

If your son has tested positive for Covid in the 5-days prior to the start date, please do not send them on camp. Please do not send your son on program if he is unwell, displaying symptoms of Covid-19 OR is being tested for Covid-19.

Please do not allow your son to bring mobile phones, MP3 players, 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 do however encourage your child to bring a musical instrument and books!

The 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 friends. Cooperation, consideration and respect for others and our environment are central to the success of this program.

If you require any further information, please contact me on 0436 636 565 or [dcibich@pac.edu.au](mailto:dcibich@pac.edu.au).

Yours sincerely,



Daniel Cibich  
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 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, as well as contributes to; an understanding of self, developing and maintaining relationships with others, and 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 should be 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; Identity, Active Living and Interactions. It is these strands which are embedded throughout the PYP Outdoor Education curriculum.

### Specific Program Objectives

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At the completion of the Year 5 Outdoor Education program students should:

- Have strengthened relationships with their peers and teacher(s)
- Have a greater understanding and appreciation of Indigenous Australians and their culture and heritage.
- Develop an increased understanding of reconciliation processes and their importance.
- Begin developing an awareness of potential hazards and risks in a river environment, and take the necessary precautions to safely participate in aquatic river activities
- Start identifying their individual strengths that they can contribute when working in a group environment
- Demonstrate a basic understanding of canoeing and capsizing and using these skills to successfully paddle a canoe

## Intended Year 5 Program

Prince Alfred College Year 5				
	Day 1	Day 2	Day 3	Day 4
7:00am		Wake up Fishing	Wake up Fishing	Wake up Pack up
7:45am		Duties	Duties	Duties
8:00am	8.45am depart Dequetteville Terrace.	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
9:00am		a) Aboriginal Art b) A step back in time	Pack up tents	Clean up
10:00am				Mission Impossible
11:00am	Arrive SCOC	a) A step back in time b) Aboriginal Art	Aboriginal Journey	<b>11.30am LUNCH</b>
12noon	Settle into dorms		Free time	<b>Depart SCOC</b>
12:30pm	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	
1:00pm	Canoeing Skills and Games	<b>Set Up Tents</b>	Teacher Time	<b>Arrive PAC 3pm</b>
2:00pm		Orienteering  Map Drawing	Canoe Games	
4:00pm	Princes Pizza!!	Aboriginal Perspective workshop	Mission Impossible	
4:30pm				
5:00pm	Free Time/Fishing	Free Time/Fishing	Free Time/Fishing	
5:45pm	Duties	Duties	Duties	
6:00pm	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	
7:00pm	Indoor Bouldering	Dreamtime stories around the campfire	Escape from Kamp Krusty	
7:30pm				
8:00pm	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	
8:30pm	Reflection	Reflection	Reflection	
9:00pm	Lights Out	Torches Out	Lights Out	

## Dates & Times

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The bus will depart from Dequetteville Terrace at 8.45am students are asked to arrive at 8.30am. The bus will return to school by 3pm Friday.

The intended Year 5 program dates are below:

<b>5 Thompson</b>	Term 2, Week 6, Tuesday 30 <sup>th</sup> May to Friday 2 <sup>nd</sup> June
<b>5 Melbourne</b>	Term 2, Week 8, Tuesday 13 <sup>th</sup> June to Friday 16 <sup>th</sup> June
<b>5 Dawson</b>	Term 3, Week 2, Tuesday 1 <sup>st</sup> August to 4 <sup>th</sup> August

## Medical Information

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It is essential that the 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 information is managed with the Parent Lounge. To review and update this:

1. Log in to the Parent Lounge: <https://tass.pac.edu.au/parentlounge> using your Single Sign-On (SSO) email address
2. Select "Student Details" -> "Medical Details"
3. Select "Update" or "Add" as appropriate
4. If you have multiple students, a select box is available in the top right-hand corner of the page

If you have any access issues, please contact ICT Services [ictservices@pac.edu.au](mailto:ictservices@pac.edu.au)

## Catering

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The Scotts Creek catering team provide a large diversity of foods during the time that your son is on program. The menu is well balanced, nutritional and most importantly, appealing to children. Please outline any specific dietary requirements on the consent form. If you have any further questions regarding catering, please contact Daniel Cibich on 0436 636 565 or at [dcibich@pac.edu.au](mailto:dcibich@pac.edu.au).

## Accommodation

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The campsite contains facilities that consist of three sub-divided dormitories, each containing 20 beds. Beds are bunk style with comfortable mattresses and dorms also have fans.

During campout programs students will be accommodated in lightweight camping tents that provide protection against insects and inclement weather.

## Mosquitoes

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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

## Staff

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PAC Outdoor Education Staff are highly qualified and experienced Outdoor Educators. Staff are trained in First Aid and are familiar with the Scotts Creek environment.

<b>Daniel Cibich</b>	Director, Scotts Creek Outdoor Centre
<b>David Buse</b>	Program Coordinator
<b>Samuel Ambrose</b>	Outdoor Education Instructor

## Communication Systems

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The campsite has a direct phone line for emergency communication. On trips away from the residential camp, 4G and satellite phones are used for emergency communication.

<b>Scotts Creek Outdoor Centre</b>	08 8540 2231
<b>Daniel Cibich</b>	0436 636 565 <b>(24 hours)</b>

## Daily Duties

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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 campsite and the people we are camping 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.

## Boundaries

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One of the features of Scotts Creek is its areas of open space. These areas are sufficient for all of the program activities. There should be no reason for students to leave the campus, unless under the direct supervision of a staff member.

## Living Together

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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.

## Safety Considerations

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The Murray River represents a unique, wild environment in which to adventure. There are, however, dangers inherent within 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 pose a risk and have the potential to cause injury or harm to swimmers. We ask that each parent reinforces the importance of adhering to the rules at Scotts Creek with their son.

The staff at Scotts Creek ensure that the complete safety of the students is always their top priority. Students can aid the staff and be responsible for their own wellbeing by following these "common-sense" rules:

- Boys will be expected to wear Personal Floatation Devices 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 waterfront area if a Scotts Creek staff member, or a supervising teacher accompanies them.
- Boys must never dive from the bank.

## Emergency Procedures

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

In the event of an emergency 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 staff 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.

## Fire Extinguishers

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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.

*Any boy who chooses not to follow these essential rules and expectations will be sent home at their parents' expense*

## 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 boys to:

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 and their 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.

## Living Lightly at Scotts Creek

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- 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.

ACT LOCAL

THINK GLOBAL



REDUCE, REUSE, RECYCLE



# Gear and Equipment List

## Around the campsite....

- Broad brimmed hat
- Two pairs of shoes
  - An old pair for aquatics
  - A comfortable pair for around the Centre and campsite
- Three sets of underwear
- Three sets of socks
- Two pairs of shorts
- Three T-shirts
- Bathers/ board shorts
- Two pairs of Track pants
- Two warm polar fleece or woollen jumper
- Towel
- Sunscreen & lip balm
- Waterproof jacket (parachute style material not appropriate)
- 2 L Water bottle
- Soft bag/small backpack for carrying clothes and equipment.
- Personal medication if required – e.g. Asthma puffer, EpiPen, etc.
- Personal First Aid Kit\*

*\*Personal first aid kit includes tissues, 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.*

## 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)
- Single fitted bed sheet (optional)
- Beanie
- Pyjamas
- Pillow & Pillowcase
- Toiletries (Toothbrush & paste, soap)

## Items we encourage you to bring...

- ✓ Camera
- ✓ Musical Instrument
- ✓ Book

## Items to leave at home...

- ✗ Electronic equipment: DS, MP3 players, mobile phones etc.
- ✗ Junk food (chips, soft drink, lollies etc)
- ✗ No money is required whilst you are at the Centre (there is nowhere to spend it!)