



PRINCE  
ALFRED  
COLLEGE

# Year 3 Camp

Woodhouse Activity Centre | 2024



August 2024

Dear Parents and Carers

### **Year 3 Camp Wednesday 23 – Friday 25 October 2024, Woodhouse Activity Centre**

In week 2, term 3, your son will be taking part in the Year 3 Adelaide Hills program at Woodhouse Activity Centre. 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 developing personal and social skills, outdoor concepts and having fun.

The Woodhouse campsite is 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.

This program has been designed with the aim of integrating the Year 3 program with the College's outdoor curriculum. Staff from the Scotts Creek Outdoor Centre Campus will facilitate all aspects of the program with assistance from classroom teachers. Skills learnt whilst on program will support the boys as they journey through the outdoor education and personal development opportunities at Prince Alfred College.

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 and Packing List** – refer to the 'gear and equipment list in this booklet.

**Consent Forms** – you will receive an email to advise that excursion information and consent is posted in your Parent Lounge. Please complete the consent, medical and dietary information 2-weeks before your camp date.

#### **Medication and Medication Agreement**

Log on to the PAC Parent Lounge and check that the medical and dietary details are up to date.

- Pack any specialist medication from home e.g. Ventolin, EpiPen etc. Inform the class teacher and Daniel Cibich of any current medication or special concerns.
- If your son takes ANY DAILY medication, complete and return a [Medication Agreement](#). (including OTC medications such as Panadol).

#### **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.

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 0436 636 565 or email [dcibich@pac.edu.au](mailto:dcibich@pac.edu.au) if you require any further information.

Yours sincerely,



## Outdoor Education at Prince Alfred College

Outdoor Education in the Preparatory School 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 at PAC 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.

### Specific Program Objectives

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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

	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
7:00am		Wake up	Wake up
7:45am		Duties	Duties
8:00am		<b>BREAKY</b>	<b>BREAKY</b>
9:00am	9.30am Depart PAC Dequetteville Tce	a) Animals Anonymous b) Bottle Design	Pack up  Year 11 Games Rotation
10:00am	Arrive Woodhouse & have recess Settle in & explore	<b>Morning Break</b>	<b>Morning Break</b>
11:00am		b) Animals Anonymous a) Bottle Design	Attack and Defend OR Challenge Hill
12:30pm	<b>LUNCH - brought from home</b>	<b>LUNCH</b>	<b>LUNCH</b>
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	<b>Afternoon Break</b>	<b>Afternoon Break</b>	
3.30pm	CHALLENGE HILL	a) Mini Olympics b) Attack & defend	
4:30pm	Free Time	Free Time	
5:45pm	Duties	Duties	
6:00pm	<b>DINNER</b>	<b>DINNER</b>	
7:00pm	Story Time	Booklets/ showers/ stories	
8:00pm	Supper	Supper	
8:15pm	Lights Out	Lights Out	

## Dates & Times

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The bus will depart from Dequetteville Terrace at 9.30am Wednesday 23<sup>rd</sup> October. Students are asked to arrive at 9.00am.

The bus will return to PAC from Woodhouse at approximately 2.30pm Friday 25<sup>th</sup> October.

## 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 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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Your son will need to provide his **own recess & lunch for the first day** of the program (Wednesday). The Scotts 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 Daniel Cibich on 0436 636 565 or [dcibich@pac.edu.au](mailto:dcibich@pac.edu.au).

## Accommodation

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

## Staff

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

<b>Daniel Cibich</b>	- Director of Scotts Creek Outdoor Centre
<b>Shannon white</b>	- Learning and adventure manger
<b>Samuel Ambrose</b>	- Outdoor Education Instructor
<b>Elliot Thompson</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, mobile phones are used for emergency communication. The contact numbers for the program are:

<b>Woodhouse Campsite</b>	(08) 8339 3333 (9am – 5pm)
<b>Daniel Cibich</b>	0436 636 565 (24 hours)

## 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,

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

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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 Lightly at Woodhouse

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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 lesson our impact on the earth.

And remember...

ACT LOCAL

THINK GLOBAL



REDUCE, REUSE, RECYCLE

## 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.

## Program Description

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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 can 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

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## Top Tips!

- Pack old clothes that can get dirty and wet!
- Write names on all clothing and pack with your son so they know what is in their bag!

## 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

## 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