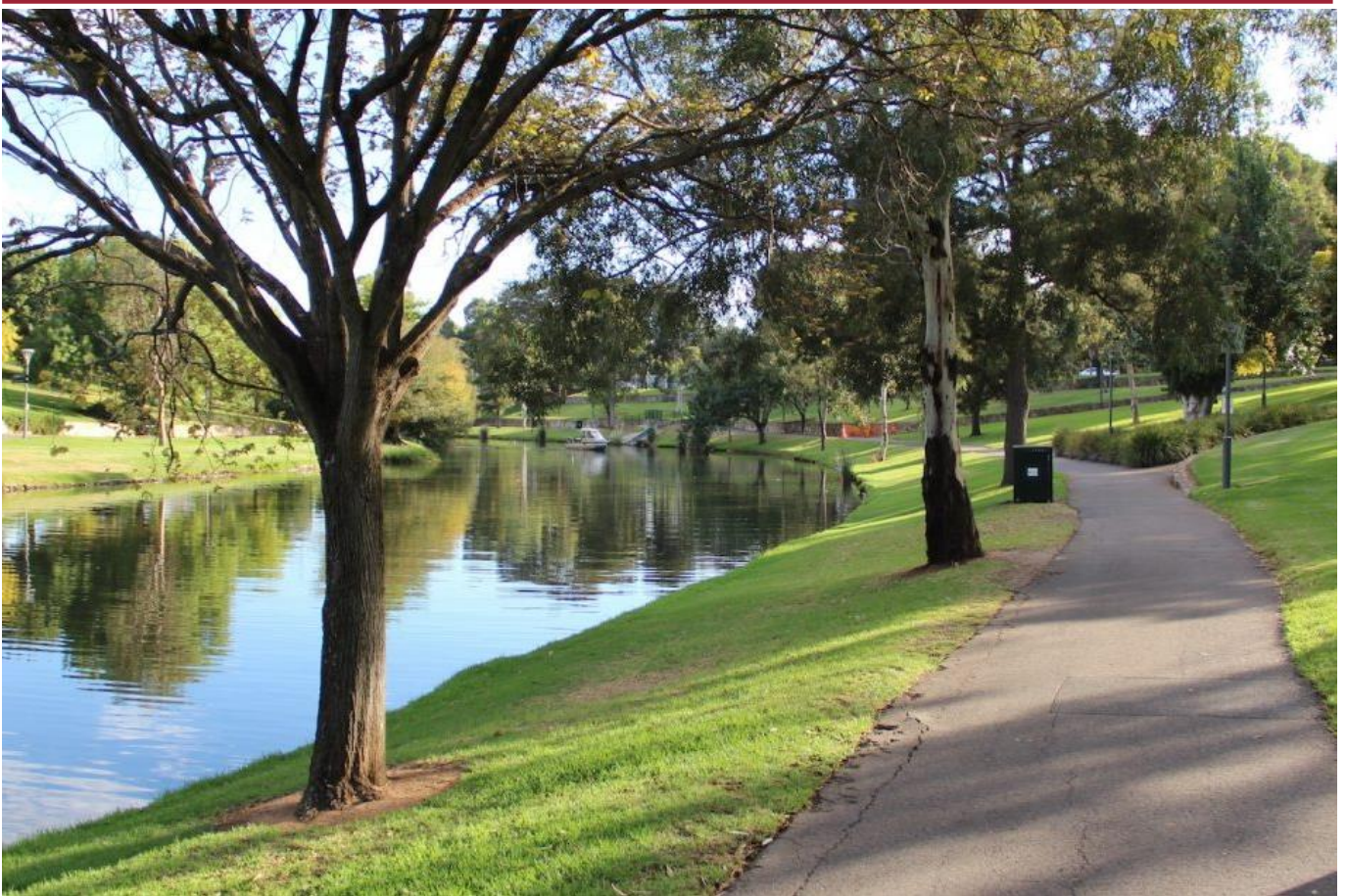




PRINCE  
ALFRED  
COLLEGE

# Year 5 Outdoor Education Program

Leadership Challenge Walk | 2025



September 2025

Dear Parents and Carers

In Week 4 of Term 4, your son will be taking part in an Outdoor Education Excursion Day. The day will be a leadership themed challenge walk along the River Torrens Linear Park Trail from Prince Alfred College to West Beach.

This is a new activity delivered in Adelaide in partnership with the Preparatory School and the Scotts Creek Outdoor Centre teams. The purpose of the day is to significantly mark a stage in the transition to the final year of Preparatory School. The boys will experience challenge whilst developing leadership and team skills.

Boys will walk as a class group using teamwork to support one another throughout the day. The day will be themed around Leadership and Challenge and will explore topics such as supporting teammates, responding to challenge through grit and determination, stepping towards leadership opportunities and humility when celebrating success.

Your son will be accompanied by his classroom teacher, other Prince Alfred College staff, and a student leader from the Senior School. The Scotts Creek Outdoor Centre team will facilitate the program.

Your son will be required to be ready for an 8:30am start on the day and will require pick up from the Harold and Cynthia Anderson Reserve at West Beach, adjacent the Henley Sailing Club.

To help your son prepare for this program, please read this Program Booklet noting the key information you need for a safe, fun and successful excursion.

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**

# Excursion Information

## Dates and Times

**Excursion Date:** Thursday 6 November 2025

**Depart:** Arrive at school by 8:30am.

**Parent Collection:** 3:30pm, parent pick up from Harold and Cynthia Anderson reserve at West Beach, adjacent the Henley Sailing Club.

## Consent Forms

- You will receive excursion information and consent in your **Parent Lounge**.
- Access via Home Page under (Events and Payments). View 'Other Details' and accept T&Cs

## Medical Information

- *Log on to the PAC Parent Lounge and check that the **medical details** are up to date.*
  - If you have any access issues, please contact ICT Services [ictservices@pac.edu.au](mailto:ictservices@pac.edu.au)
- *Pack any specialist and prescription medication e.g. Ventolin, EpiPen etc.*
- *Inform the class teacher and Daniel Cibich of any current medication or special concerns*
- ALL medication (prescription and over the counter, e.g. Panadol), must be accompanied by a completed, signed by a GP HSP151 Medication Agreement (copy at the back of this booklet)

## Packing List

Refer to the enclosed gear and equipment list. Make sure to include clothing which can get wet or dirty. Please see that all items listed are brought along and named.

## Food

Your son will need to pack the following meals for the day:

- **Piece of Fruit**
- **Recess**
- **Lunch**

## COVID-19

If your son has tested positive for Covid in the 7-days prior to the start date, please do not send him on the excursion. Please do not send your son if he is unwell, displaying symptoms of Covid-19 OR is being tested for Covid-19.

## Year 5 Program - 2025

	<b>Program</b>
AM	8:15am arrive PAC Kent Town 8:40am Depart for Walk
	Split into class groups.  Walk along River Torrens Linear Park Trail
	Morning Tea
	Leadership Activity
PM	Continue walk.  Lunch Leadership Activity  Continue walk.  Arrive West Beach Optional celebration swim.  3:30pm Parent Pick Up – Harold & Cynthia Anderson Reserve, West Beach

# Clothing, Gear and Equipment List

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## DRESS CODE – PE UNIFORM

**Top Tip** - Write names on all clothing and pack with your son so they know what is in their bag!

Boys should wear their PE uniform to school with sport shoes.

## What to bring

- ☐ Day pack
- ☐ Sunscreen & lip balm
- ☐ Broad brimmed school hat (with name written in it)
- ☐ Water bottle (500 – 1,000ml)
- ☐ Warm jacket
- ☐ Personal medication- If required (Puffer, preventer, epi-pen etc.)
- ☐ Morning Tea + Lunch + Piece of fruit
- ☐ Swimmers and Towel for optional celebration swim – conditions permitting

## Items to leave at home...

- ✗ Electronic equipment – iPod, iPad, iWatch, camera or other technology items
- ✗ Junk food (chips, soft drink, lollies etc)
- ✗ Mobile Phone
- ✗ No money is required during the program