



PRINCE
ALFRED
COLLEGE

Year 4 Outdoor Education Program

Victor Harbor | 2024



February 2024

Dear Parents,

Your son will soon be taking part in the Year 4 Coastal Ecology Program at Victor Harbor and Pt Elliot. The beach environment and coastal activities are the major focus of the program. Boys will participate in a range of activities and will work together in activity groups and begin to understand basic ecological concepts and outdoor skills.

The group will be staying in a private centre, Cooina Retreats, 54 Waggon Rd, Victor Harbor SA 5211. Staff members from the Scotts Creek Campus will facilitate the program, while the body boarding, and beach safety sessions are run by Victor Harbor Aquatics. 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 to include clothing which can get wet or dirty. Please see that all items listed are brought along and named.

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 and advise diet requirements.
- Please download the [DECS Aquatic consent](#) and return by email to dcibich@pac.edu.au by **Monday 19th February**.

Medical Information

Log on to the PAC Parent Lounge and check that the medical and dietary details are up to date. Pack any specialist medication e.g. Ventolin, EpiPen etc. Inform the class teacher and Daniel Cibich of any current medication or special concerns. Complete and return a form if required [Medication Authority](#). (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 him on camp. Please do not send your son if he is unwell, displaying symptoms of Covid-19 OR is being tested for Covid-19.

Please do not allow your son to bring a mobile phone, iPod, electronic games, lollies, nuts of any kind, or money.

We look forward to a fun and adventurous program that will help boys form and strengthen friendships. Cooperation, consideration and respect for others and our environment are central to the success of the camp. 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 0436 636 565 or dcibich@pac.edu.au.

Yours sincerely,



Daniel Cibich
Director, Scotts Creek Outdoor Centre

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 Objectives

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 and coastal 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

Intended Program

	Day 1 – Wednesday 6 th March	Day 2 – Thursday 7 th March	Day 3 – Friday 8 th March	
7:00am	8:55 Depart Dequetteville Terrace	Wake up and Free Time	Wake Up and Free Time	
		7:45 Duties	7:45 Duties	
8:00am		BREAKFAST	BREAKFAST	
9:00am		Travel to Horseshoe Bay	Pack Up	
10:00am			Travel to Urimbirra	
10:45am	A) Arrive at Granite Island Causeway (Recess)	Surfs Up (10:00 am – 12:00 pm) B) Beach Games	Urimbirra Wildlife Experience (10:00 am)	
11:00am	A) Granite Island B) Whale Centre		Journals	
12:00pm			12:00 LUNCH	
	12:30 LUNCH	12:30 LUNCH	12:45 Depart Urimbirra	
1:30pm				
2:00pm	A) Whale Centre B) Granite Island	A) Beach Games B) Surfs Up		2:00 Arrive at PAC
3:30pm	Travel to Cooinda Afternoon Tea	Travel to Cooinda		
4:00pm	Move into dorms. Journals Free Time	Freetime/Showers		
4:30pm				
5:00pm				
6:00pm	DINNER	DINNER		
7:00pm	A) Year 11 Games and Quiz Night Twilight Walk – The Bluff and Dreaming Stories	Twilight Walk and Dreaming Stories B) Year 11 Games and Quiz Night		
8:00pm	Journals	Journals		
9:00pm	Lights Out	Lights Out		

Dates & Times

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 2pm.

The following dates are intended for the Year 4 programs:

Program 1	Mrs Avery	Wednesday 6th to Friday 8th March
Program 1	Mr Behan	Wednesday 6th to Friday 8th March

Staff

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

Daniel Cibich	- Director, Scotts Creek Outdoor Centre
Shannon White	- Learning and Adventure Manager
Samuel Ambrose	- Outdoor Education Instructor
Elliot Thompson	- Outdoor Education Instructor

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 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

Catering

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 Cooina 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 Daniel Cibich on 0436 636 565 or dcibich@pac.edu.au.

Accommodation

Cooinda Open Camps provides us with a large outdoor and indoor space where the boys will sleep in dorms. Boys will have access to hot showers and flushing toilets throughout the duration of the program.

Communication Systems

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

Daniel Cibich 0436 636 565 (24 hour)

Program Expectations

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.

Living Together

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 dorms of other boys must not be entered at any time and that personal equipment of others must not be tampered with.

Program Description

Each activity has a different 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 develop group skills and allow the students some independence in a fun and entertaining environment.

Activity Explanations

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

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.

Granite Island experience – Boys will have the opportunity to explore the island, to learn and engage with the flora and fauna.

Twilight Hike – Boys will walk up the Rosetta Trail to “The Bluff” known as Kongkenngguwar by the Ramindjeri people for the spectacular views and hear dreaming stories linked to the area.

South Australian Whale Centre – A visit to the marine focused interpretive centre to discover these giants of the deep.

Gear and Equipment List

For the beach and activities...

- ☐ Small Backpack/Daypack
- ☐ Bathing/ 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