



PRINCE
ALFRED
COLLEGE

Year 5 Outdoor Education Program

Scotts Creek Outdoor Education Centre | 2024



April 2024

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

- 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 are 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.
- Complete the consent form 2-weeks before your camp date.

Medical Information 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.

Please do not allow your son to bring iPods, electronic games, mobile phones, or money.

Our staff are looking forward to working with your son. This is an exciting learning experience that will be enjoyed by all and is an opportunity to strengthen existing friendships and establish new ones. 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 the program that are positive, thoughtful, and constructive. Hopefully they will stay with each student throughout school and adult life.

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 Program Objectives

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
7:00		Wake up Free time/fishing	Wake up Move back into dorms	Wake up Pack up
7:45		Duties	Duties	Duties
8:00	8:45 AM Depart Dequetteville Terrace	Breakfast	Breakfast	Breakfast
9:00		Initiative activity's	Extend paddle	2,2,2
10:00		Aboriginal perspective workshops		
11:00		Arrive SCOC Energizer/game		Set up tents
11:30	Settle into dorms			
12 noon	Lunch	LUNCH	LUNCH	12:30 PM Depart SCOC
12:30	Canoeing Skills and Games	1) Shelter Building 2) Art	Pack down tents	
1:00			Aboriginal journey	Arrive PAC 3pm
1:30				
2:00				
2:30		1) Art 2) Shelter Building		
3:00				
3:30		Service		
4:00	Workbooks			
4:30	Free time/Fishing	Free time/Fishing	Free time/Fishing/Showers	
5:45	Duties	Duties	Duties	
6:00	Dinner	Dinner	Dinner	
7:00	Indoor Bouldering	Dreamtime stories around campfire	Star Gazing	
7:30				
8:00	Workbooks		Workbooks	
8:45	Lights Out	Torches out	Lights out	

Dates & Times

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:

- 5B** Term 2, Week 5, Tuesday 28th – Friday 31st May
- 5M** Term 2, Week 8, Tuesday 11th – Friday 14th June
- 5D** Term 3, Week 2, Tuesday 30th July – Friday 2nd August

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

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.

Please update dietary requirements in the PARENT LOUNGE. Go to "medical Details" – "Supplementary Information".

Accommodation

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

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

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.

Daniel Cibich	- Director of Scotts Creek Outdoor Centre
Shannon white	- Learning and adventure manger
Samuel Ambrose	- Outdoor Education Instructor
Elliot Thompson	- Outdoor Education Instructor

Communication Systems

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

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

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 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

One of the features of Scotts Creek is its areas of open space. These areas are sufficient for all 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

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

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 always wear Personal Floatation Devices in the water.
- 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

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

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

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

- 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!)