



PRINCE
ALFRED
COLLEGE

Year 5 Outdoor Education Program

Scotts Creek Outdoor Education Centre | 2021



February 2021

Dear Parents,

Your son will soon be taking part in the Year 5 Cultural Perspectives Program at Scotts Creek. This program examines the basic ecological concepts of the mallee and river environments. Students will have the opportunity to explore ways that the land and river was used by First Nations 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 and minimal impact camping in conjunction with swimming and water safety in the river environment.

Scotts Creek is located 7kms South of Morgan on an anabranch 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. Ensure clothing is included that can get wet and dirty. Items listed must be brought and suitably named.

Medical & Consent Forms – To ensure your son's medical information is correct, please log on to the PAC 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 Micha Jensen of any current medication or special concerns. Medication required on program must be accompanied by a completed [Medication Authority form](#). Please ensure the [Prince Alfred College Outdoor Education consent form](#) is signed and returned to your son's class teacher.

Covid-19 – Please do not send your son on program if he is unwell, displaying symptoms of Covid-19 OR is being tested for Covid-19. [If unsure, please refer to the College information here.](#)

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 encourage your child to bring a musical instrument.

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 0439 803 000 or mjensen@pac.edu.au.

Yours sincerely,



Micha Jensen
Director Scotts Creek Outdoor Centre

Outdoor Education at Prince Alfred College

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

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 our First Nations people and their culture
- Be 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 by 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	8.45am depart Dequetteville Terrace.	Wake up Fishing	Wake up Fishing	Wake up Pack up
7:45am		Duties	Duties	Duties
8:00am		BREAKFAST	BREAKFAST	BREAKFAST
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	Aboriginal Journey	11.30am LUNCH
12noon	Settle into dorms	b) Aboriginal Art	Free time	Depart SCOC
12:30pm	LUNCH	LUNCH	LUNCH	Arrive PAC 3pm
1:00pm	Canoeing Skills and Games	Set Up Tents	Teacher Time	
2:00pm		Orienteering	Canoe Games	
		Map Drawing		
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	DINNER	DINNER	DINNER	
7:00pm	Indoor Bouldering	Dreamtime stories around the campfire	Escape from Kamp Krusty	
7:30pm				
8:00pm	SUPPER	SUPPER	SUPPER	
8:30pm	Reflection	Reflection	Reflection	
9:00pm	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:

5 Gartner	Term 2, Week 6, Tuesday 25 th May to Friday 28 th May
5 Lacy	Term 2, Week 8, Tuesday 8 th June to Friday 11 th June
5 Tothill	Term 2, Week 9, Tuesday 15 th June to Friday 18 th June

Medical Information

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 records can now be reviewed and updated within the Parent Lounge:

<https://tass.pac.edu.au/parentlounge>

Access to Parent Lounge is via Single Sign-On. If you haven't yet set up your access, please contact ICT Services for support: ictservices@pac.edu.au

Once you have logged into Parent Lounge, to make changes to the Student Medical Records please select:

- Student Details -> Medical Details.

To update any of the information on this page please click "Update" / "New" within the relevant section. After you have made your changes click "Submit Changes" / "+ Submit New" to save your updates. Please note that these changes might not be visible immediately as they will be reviewed by our Health Centre staff.

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 Micha Jensen on 0439 803 000 or at mjensen@pac.edu.au.

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 and Ross River Fever

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

Covid-19

In line with the College, the Scotts Creek staff are taking precautions to make Scotts Creek a Covid Safe environment for all. This includes, but is not limited to, social distancing measures, increased cleaning, individual equipment issued to students where practical, and hand hygiene stations at key locations around the property. Please do not send your son on program if they are unwell or displaying any signs and symptoms of Covid-19.

Staff

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

Micha Jensen	– Director of Scotts Creek Outdoor Centre
Sarah Habel	– Outdoor Education Instructor
Sean Meredith	– Outdoor Education Instructor
Ellie Stroehrer	– Outdoor Education Instructor

Communication Systems

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.

Scotts Creek Outdoor Centre	08 8540 2231
Micha Jensen	0439 803 000 (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 of the program activities. There should be no reason for students to leave the Centre, 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 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 water front 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 a fire 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.



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 no where to spend it!)