



PRINCE
ALFRED
COLLEGE

Year 6 Outdoor Education Program

Scotts Creek Outdoor Education Centre | 2021



January 2021

Dear Parents,

Your son will soon be taking part in the Year 6 Eco-Adventure Program at Scotts Creek. A major focus of the program will be the aquatic based activities. Boys will be taught the fundamental techniques and safety procedures of canoeing. Boys will work together in small activity groups to gain an understanding of basic ecological concepts.

Scotts Creek is located 7km South of Morgan on an anabranch of the Murray River. It provides a wonderful opportunity for outdoor and aquatic activities. We hope that your child's 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 gear and equipment, items listed must be brought and suitably named. Ensure clothing is included that can get wet and dirty.

Medical & Consent Forms - Please ensure the [Prince Alfred College Outdoor Education consent form](#) is signed and returned to your son's class teacher.

To ensure your son's medical information is correct, please log on to the PAC website (instructions are 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 concerns or medication. Medication required on program must be accompanied by a completed [Medication Authority form](#).

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 son 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.

Every effort should be made during this program to learn new skills and acquire positive, thoughtful and constructive attitudes that each student can continue to possess throughout school and into their adult life.

If you require any further information please contact me on 0439 803 000 or at mjensen@pac.edu.au

Yours sincerely,



Micha Jensen
Director of Scotts Creek Outdoor Centre

Outdoor Education at Prince Alfred College

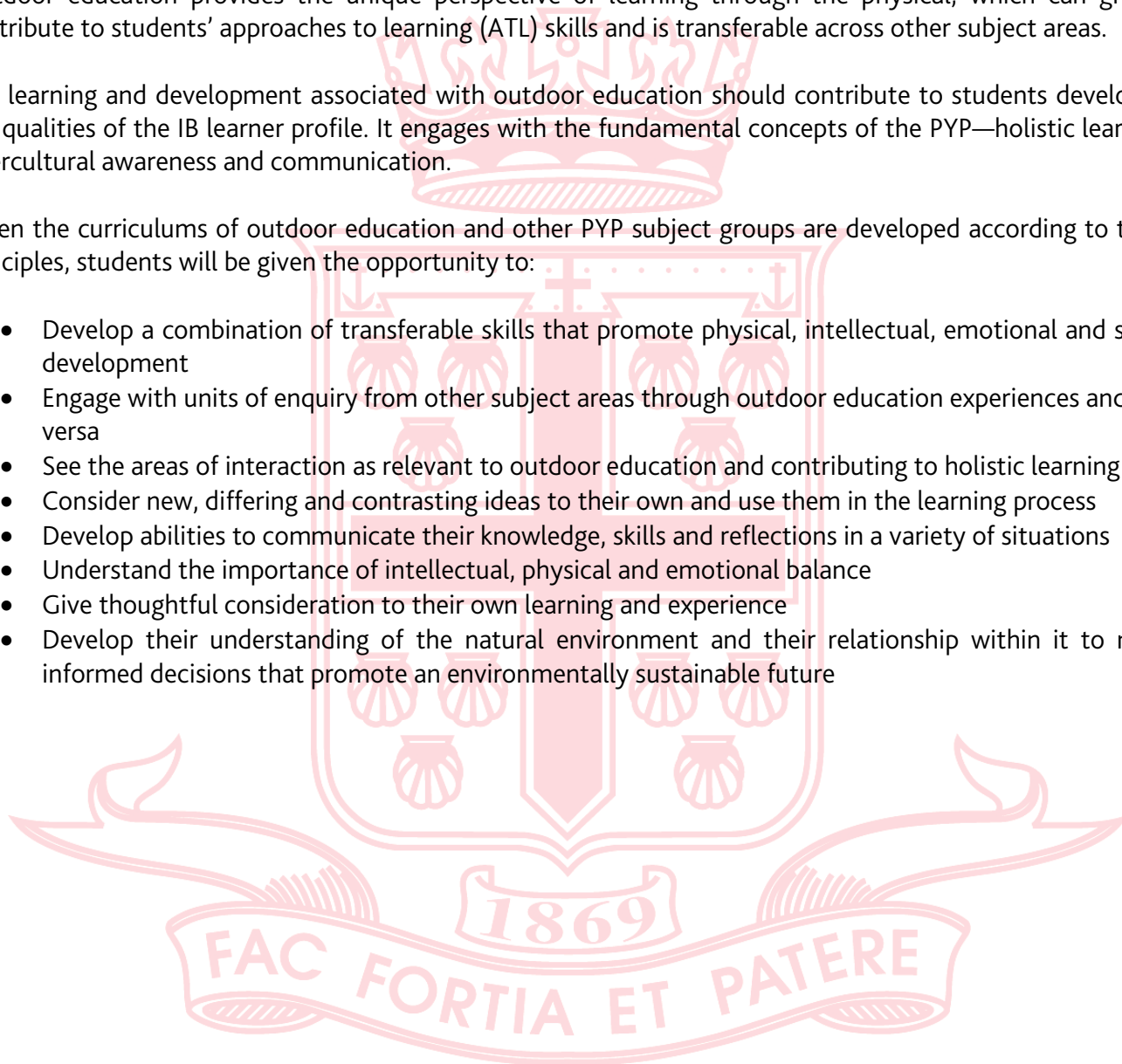
Outdoor education in the PYP (Primary Years Program) is concerned with participation in more than just recreational activities and games. Its primary aims are to encourage the development of “intelligent performers” and to increase student’s knowledge and understanding of the importance of an active, balanced, healthy lifestyle. Throughout the five-year PYP, students should develop knowledge, critical thinking skills, reflection skills, and a sense of responsibility, as well as interpersonal and self-motivational skills. This should encourage choices that will contribute to long term healthy lifestyles.

Outdoor education provides the unique perspective of learning through the physical, which can greatly contribute to students’ approaches to learning (ATL) skills and is transferable across other subject areas.

The learning and development associated with outdoor education should contribute to students developing the qualities of the IB learner profile. It engages with the fundamental concepts of the PYP—holistic learning, intercultural awareness and communication.

When the curriculums of outdoor education and other PYP subject groups are developed according to these principles, students will be given the opportunity to:

- Develop a combination of transferable skills that promote physical, intellectual, emotional and social development
- Engage with units of enquiry from other subject areas through outdoor education experiences and vice versa
- See the areas of interaction as relevant to outdoor education and contributing to holistic learning
- Consider new, differing and contrasting ideas to their own and use them in the learning process
- Develop abilities to communicate their knowledge, skills and reflections in a variety of situations
- Understand the importance of intellectual, physical and emotional balance
- Give thoughtful consideration to their own learning and experience
- Develop their understanding of the natural environment and their relationship within it to make informed decisions that promote an environmentally sustainable future



Intended Program

Year 6 Outdoor Education Eco-Adventure				
	Day 1	Day 2	Day 3	Day 4
7.00am	8.45am depart Dequetteville Terrace	Wake up	Wake up	Wake Up
7.15am		Fishing	Pack up	
7.45am		Duties	Campsite	Duties
8.00am		BREAKFAST	Walk back to SCOC	BREAKFAST
9.00am			BREAKFAST	Pack up
10.00am		A)Water Cycles	Clean Up	
		B)Water Watch	A)Water Watch	Web of Life Game
10.30am		Free Time	B)Water Cycles	
11.00am	Arrive SCOC	Indoor Bouldering		LUNCH
12.00pm	Settle into dorms			Depart SCOC
1.00pm	LUNCH	LUNCH	LUNCH	
2.00pm	Canoeing	Water Orienteering		Arrive PAC
3.30pm	Land Orienteering		Paddle to Sandbar	
4.00pm		Preparation for Campout in the Mallee		
4.30pm				
5.00pm	Free Time/Fishing		Free Time/Fishing	
5.45pm	Duties	Walk to Campsite	Duties	
6.00pm		Set up tents		
7.00pm	DINNER		DINNER	
7.30pm		BBQ Dinner	"Escape From Kamp Krusty"	
	Trangia Use	Star Gazing		
9.00pm	Supper		Supper	
9.30pm	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.

6 McKay and 6 Thompson will return to PAC from Scotts Creek on Friday at 3.00pm. **6 Hunter will return to PAC on Thursday in time for end of term dismissal.**

The following dates are intended for Year 6 programs:

6 McKay Term 1, Week 9, Tuesday 23rd March – Friday 26th March

6 Hunter Term 1, Week 10, Monday 29th March – Thursday 1st April (last day of term)

6 Thompson Term 2, Week 2, Tuesday 27th April – Friday 30th April

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 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 Scott's Creek Catering team provide a large diversity of foods during the time that your son is on program. Meals are healthy, nutritionally balanced & plentiful. If your son has any dietary requirements please outline this on the consent form. If you have any other dietary enquires please contact If you have any further questions regarding catering please contact Micha Jensen on 0439 803 000 or 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.

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 brings the possibility of mosquitoes being present around the campsite. There is no effective way of ensuring a mosquito free environment and therefore, 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 Education teachers and instructors. Staff are trained in Advanced Wilderness First Aid and are familiar with the Scotts Creek environment. If you require contact with a PAC staff member during the program please contact Micha Jensen on 0439 803 000 or (08) 8540 2231.

Micha Jensen – Coordinator of Scotts Creek Outdoor Centre
Sarah Habel – Outdoor Education Instructor
Sean Meredith – Outdoor Education Instructor
Ellie Stroeher – 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 we participate in whilst on program is the care and maintenance of the space in which we live. It is important to understand 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 campsite area is 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 Centre's 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 as well as around the Scotts Creek Outdoor Centre.
- 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 Management 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 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

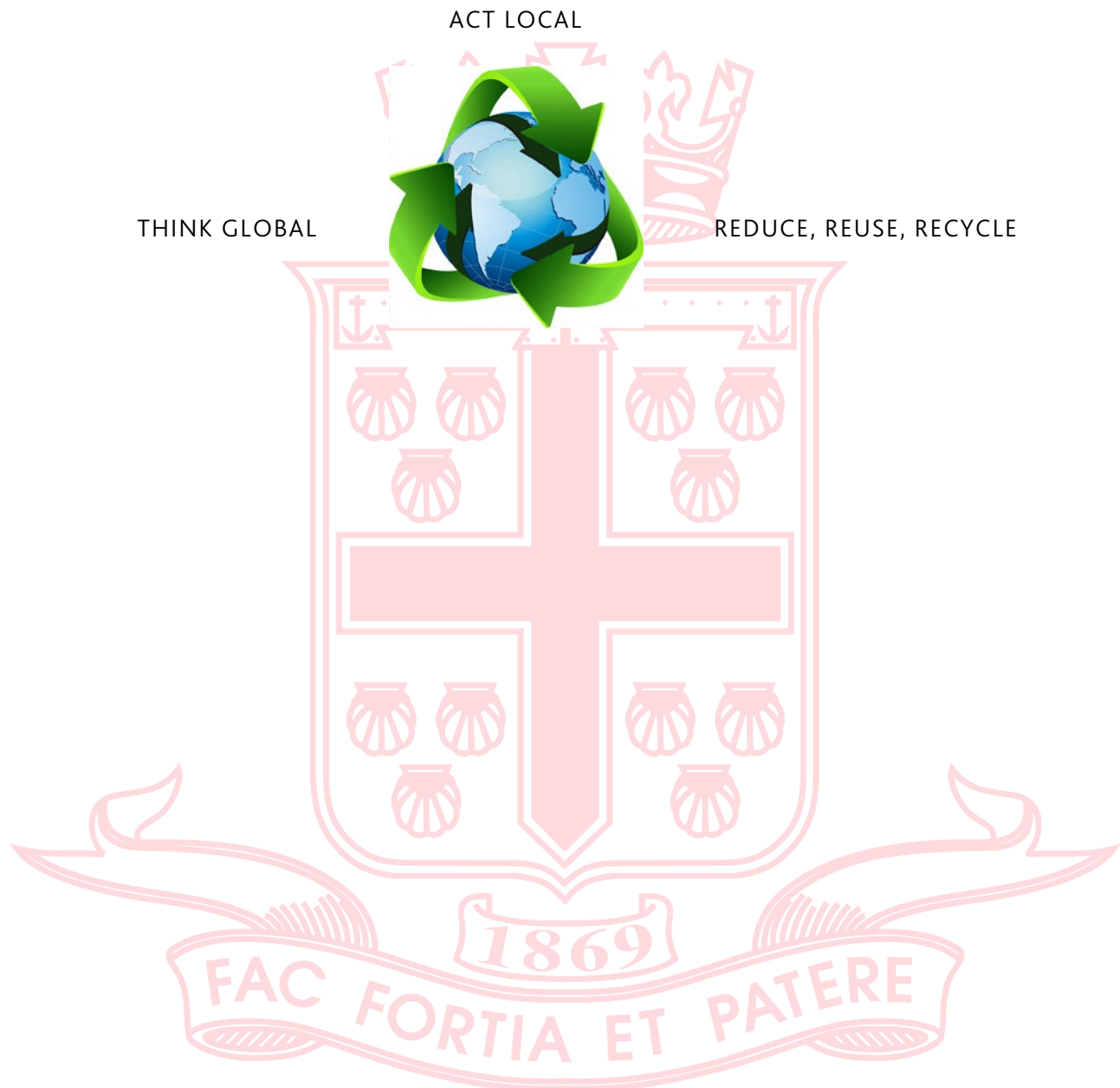
We want the program to be fun, enjoyable and safe for everyone. Therefore all school rules and expectations apply.

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 camp 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 lesson our impact on the earth.



Gear and Equipment List

Around the campsite...

- ☐ Broad brimmed hat
- ☐ Two pairs of shoes
 - an old pair for aquatics (they will get wet)
 - a comfortable pair for around the Centre and campsite
- ☐ Three sets of underwear
- ☐ Three sets of socks
- ☐ Two pairs of shorts
- ☐ Three T-shirts (collared are best)
- ☐ Bathers/ board shorts
- ☐ Track pants
- ☐ Jumper
- ☐ Towel
- ☐ Toiletries
- ☐ Sunscreen, lip balm
- ☐ Waterproof jacket (parachute style material not appropriate)
- ☐ Water bottle (minimum 500ml)
- ☐ Personal First Aid Kit* (see notes below)
- ☐ Warm polar fleece or woolen jumper
- ☐ Daypack or small Backpack for the walk to camp out

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 bed sheet (optional)
- ☐ Pyjamas
- ☐ Beanie
- ☐ Pillow & Pillowcase

**Personal first aid kit includes 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.*

Items we encourage you to bring...

- ✓ Camera
- ✓ Musical Instrument
- ✓ Fishing Gear
- ✓ Book

Items to leave at home...

- ✗ Electronic equipment – iPod, iPads, mobile phones,
- ✗ Junk food (chips, soft drink, lollies etc.)
- ✗ No pocket money is required whilst you are at the Centre (there is nowhere to spend it!)