Father and Son Weekend
March 19\textsuperscript{th} - 20\textsuperscript{th} 2016
February 2016

Dear parents of Year 5 students,

We would like to extend to you an invitation to the annual Year 5 Father and Son program, conducted at Scotts Creek (PAC’s campsites north-east of Adelaide on the River Murray). This program is designed to foster the development of relationships between fathers and sons, and this year activities will be focussed around the film ‘Cars’. Due to the large cohort of year 5’s the Father and Son weekend has been split into two separate programs to ensure the quality of the experience for all.

Program 1- Saturday 19th to Sunday 20th March 2016 — 5 Lacy & year 5’s from 5/6 Tothill.

We are conscious that some fathers may not be able to be present; therefore we extend the invitation to a significant other so that all boys in Year 5 may attend. The significant other may be an uncle, grandfather or a close friend of the family who is a role model for your son. However, we are not encouraging older brothers or cousins, even if they are over 18 years of age. We are hoping to develop and encourage a relationship between your child and someone they consider a ‘father-like figure’. If it becomes too difficult to find a suitable male mentor, our invitation is definitely extended to mothers too.

All attendees are to meet at the Parade West by 7:45am, ready to depart from school by bus at approximately 8.00am, and arriving at Scotts Creek by 10.30am. The movie ‘Cars’ will be played during the journey to Scotts Creek to set the scene for the weekend’s activities. We anticipate that departure from Scotts Creek will be around 1.45pm on Sunday afternoon, arriving back in Adelaide at approximately 4.15pm. We are requesting that there be no other vehicles other than the bus provided so we can enjoy the whole adventure together.

There will be a variety of fun ‘father and son activities’, and some relaxing time for you to spend with your son in the beautiful environment. Some activities for the weekend include canoeing, indoor rock climbing, fishing, games, and a quiz night. No particular skills are required but your enthusiasm and engagement in activities will make the weekend a highly memorable experience for you and your son.

The cost of the program is $160 for both father and son ($80 per person) which includes all meals, accommodation, transport via bus, and the activities. Please book and pay online by Friday 11th of March at 4pm via ‘Event Bookings’ on the PAC website. Bookings will not be accepted after this date. To access this please visit http://pac.edu.au/ click on ‘Event Bookings’, scroll down and find Scotts Creek Year 5 Father and Son, and click ‘Book Now’. Then simply fill in the necessary details. It is vital that bookings and payments are received by the due date to ensure that you and your son do not miss out. You will also need to indicate whether there are any special dietary requirements for catering purposes. A Medical Form for the Father / Significant Other needs to be completed and brought with you on Saturday 19th March. A copy can also be downloaded from the Scotts Creek page of the PAC website. Additionally, please make sure your son’s medical information is up-to-date as per the program information booklet available online.

The program’s activities will see fathers and sons working collaboratively to solve mental and physical challenges, and developing stronger relationships which will continue to grow once you leave Scotts Creek. It is therefore the father’s responsibility to fully supervise their son for the entirety of the camp. The staff at Scotts Creek have organised a series of adventurous team building activities for you and your son, so that you get the most out of the weekend at the magical Scotts Creek campus. We look forward to sharing this journey with you, and we hope you can partake in this special time with your son.

Should you have any questions or concerns please in the first instance contact Micha Jensen, Coordinator, Scotts Creek on 0439 803 000 or Mr Sean Watt, Deputy Head of School: Preparatory 8334 1203

Yours sincerely,

Mr Neil Andary,
Deputy Headmaster / Head of Schools
Medical Information

It is essential that the PAC outdoor education staff have up-to-date medical information for your son. Please follow the below steps to ensure that all medical information has been check and updated prior to returning your son’s consent. Alternatively you can phone the PAC Health Centre on 8334 1205.

1. Log on to the College web site (www.pac.edu.au)
2. Select the 'login' option at the top right of the home page
3. Click on the 'Online Forms – click here to update family information' link
4. Log in using your parent code (the user name is usually your parent code – as found on your account, your initials - first name & surname, then the letter F or M depending on if you are the father or mother’ e.g. Fred Smith would be: 12345FSF. Your password is usually your surname with a capital at the beginning e.g. Smith
5. Once 'logged in’ – please read & agree to the privacy statement
6. Then click on the 'Family Information’ tab in the top bar and select 'Student Information’ from the drop down menu
7. Then click on & check all the sub headings on the left hand side – please update this if necessary

Please ensure that you fill out the father or significant other medical form in the back of this program information booklet and bring with you on the bus.

Catering

Energy Bar Catering provides a large diversity of foods during the time that your son is on program. The menu is well balanced, nutritional and most importantly, attractive to children. Please outline any specific dietary requirements on the consent form. If you have any further questions regarding catering please contact our caterer Sue O’Brien on 0417 860 889 or energybarcatering@gmail.com

Staff

PAC Outdoor Education Staff are highly qualified and experienced Outdoor Education teachers and instructors. Staff are trained in 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 Scotts Creek Outdoor Centre
Steve Hauser - Outdoor Education Instructor
Sean Meredith - Outdoor Education GAP Student
Belinda Rowe - Outdoor Education Instructor
Dave Stilwell - Outdoor Education Instructor
## Intended Program

<table>
<thead>
<tr>
<th>Time</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>7:00am</td>
<td>7.45am Meet at Parade West Car Park</td>
<td>Wake up</td>
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<tr>
<td>8:00am</td>
<td>Depart PAC from Parade West Car park Roundabout</td>
<td>Free time</td>
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<tr>
<td>9:00am</td>
<td></td>
<td>8:00 Breakfast</td>
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<tr>
<td>9.30am</td>
<td></td>
<td>9.30am Challenge 3</td>
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<tr>
<td>10:30am</td>
<td>Arrive at SCOC</td>
<td>10.45am Challenge 4</td>
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<tr>
<td>11:00am</td>
<td>Welcome &amp; Safety Briefing</td>
<td>Group 1: Tractor Tip</td>
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<tr>
<td></td>
<td>Divide into teams</td>
<td>Group 2: The Piston Cup</td>
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<tr>
<td></td>
<td>Move into dorms or set up tents</td>
<td>Group 3: Route 66</td>
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<tr>
<td></td>
<td></td>
<td>Group 4: Canyon Race</td>
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<tr>
<td></td>
<td>12:00 Lunch</td>
<td></td>
</tr>
<tr>
<td>1:00pm</td>
<td>Challenge 1</td>
<td>12:15pm Lunch</td>
</tr>
<tr>
<td>1:30pm</td>
<td>Group 1: Canyon Race</td>
<td>Pack Up</td>
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<tr>
<td></td>
<td>Group 2: Tractor Tip</td>
<td>Presentations</td>
</tr>
<tr>
<td></td>
<td>Group 3: The Piston Cup</td>
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<tr>
<td></td>
<td>Group 4: Route 66</td>
<td></td>
</tr>
<tr>
<td>2.15pm</td>
<td>Free Time</td>
<td>1.45pm Depart SCOC</td>
</tr>
<tr>
<td>3:15pm</td>
<td>Challenge 2</td>
<td></td>
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<td></td>
<td>Group 1: Route 66</td>
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<td></td>
<td>Group 4: The Piston Cup</td>
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<tr>
<td>4.30pm</td>
<td>Free Time</td>
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<tr>
<td>5.40pm</td>
<td>Duties</td>
<td>4.15pm Arrive PAC</td>
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<tr>
<td>6.00pm</td>
<td>Dinner</td>
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<td>6:30pm</td>
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<tr>
<td>7:00pm</td>
<td>Quiz Night</td>
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<td>8:00pm</td>
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<tr>
<td>9:00pm</td>
<td>Bed Time</td>
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Gear and Equipment List

Around the campus...
- Broad brimmed hat
- Two pairs of enclosed Shoes
  - Old pair for aquatics
  - Comfortable pair for around the Centre
- Three sets of underwear
- Three sets of socks
- Two pairs of shorts
- Three t-shirts
- Bathers/board shorts
- Track pants
- Jumper
- Towel
- Sunburn cream, lip balm
- Water bottle
- Garbage bags for wet clothes
- Personal medication (both father and son)
- Toiletries

At night...
- Small, compact torch with spare batteries
- Sleeping bag
- Insect repellent (tropical strength Rid / Aerogard)
- Pillow & pillowcase

Optional Items...
- Fishing gear
- Camera

Items to leave at home...
- Electronic equipment including Nintendo DS, MP3, or iPads’ etc.
- Extra junk food (chips, soft drink, lollies etc.)
- Money (there is nowhere to spend it!)
# Medical Form for the FATHER OR SIGNIFICANT OTHER

<table>
<thead>
<tr>
<th>Emergency Contact</th>
<th>Telephone Number(s)</th>
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**Your Name:** ____________________________________________  **School:** ________________________________  **Program Date:** ________________________________  

**Medicare Number:** ____________________________________________  **Number on card:** ________________________________  **Card Expiry Date:** ________________________________  

- Are you covered by **Private Insurance** for hospital treatment?  
  - YES ☐ NO ☐  
- Are you covered by an **Ambulance** subscription or insurance?  
  - YES ☐ NO ☐  
- Have you received a complete course of **Tetanus** immunisations?  
  - YES ☐ NO ☐  
- Date of last booster injection: ____________________________________________  
- Do you have any medical condition / health problem / allergy that may affect you?  
  - YES ☐ NO ☐  
  **If “YES” – Please give details:**  
  ____________________________________________  
- Treatment required if needed: ____________________________________________  
- ____________________________________________  
- Are you aware of any **Potential Medical Emergency Allergies** that may affect you?  
  - YES ☐ NO ☐  
- Details of Emergency: ____________________________________________  
- ____________________________________________  
- How can we recognise the emergency?  
  ____________________________________________  
- How could it be prevented/avoided?  
  ____________________________________________  
- Treatment required in an emergency: ____________________________________________  
- Is it necessary for you to take medication as part of the treatment for your medical condition?  
  - YES ☐ NO ☐  
- Details: ____________________________________________  
- ____________________________________________  

**What is your current swimming ability?**  
- Non ☐ Weak ☐ Competent ☐ Strong ☐  

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### FOR EMERGENCY USE ONLY

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<thead>
<tr>
<th>Name of Family Doctor</th>
<th>Address of Family Doctor</th>
<th>Telephone Number</th>
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<table>
<thead>
<tr>
<th>Name of Medical Specialist</th>
<th>Address of Medical Specialist</th>
<th>Telephone Number</th>
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