PRINCE ALFRED COLLEGE

Presents...

Father and Son Weekend
March 18th - 19th 2017
February 2017

Dear Parents and Caregivers of Year 5 Students,

I write to invite you to our annual Year 5 Father and Son weekend. This is a wonderful time that aims at enhancing the father-son relationship. The program is run at Scotts Creek, our campus on the Murray River, north-east of Adelaide and this year the film ‘Cars’ will inspire our activities. Due to large numbers we have organised two separate programs.

Program 1 - Saturday 18th to Sunday 19th March 2016 — 5 Thompson & 5 McKay

I encourage you to attend the weekend with the class your son is in, however, if this is difficult for you then please contact Micha Jensen to discuss alternative arrangements.

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. The staff at Scotts Creek have organised a series of adventurous team building activities for you and your son. The program’s activities will also 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 program. 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 Thursday 9th of March by 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 Program 1, 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 18th 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.

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

Yours sincerely,

Mr Neil Andary,
Head of Preparatory School
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.

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. John Smith would be: 12345FSJ. 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 ‘Student Details’ tab in the top bar and scroll down the drop down menu and select ‘Medical Details’
7. Then click on & check all the sub headings on the left hand side – please update this if necessary
8. Please note: your changes won’t become ‘live’ until they are approved by Health Centre staff.

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. If your son has personal medication (e.g. EPIPEN or Ventolin) please ensure this is packed and sent with your son.

Catering

The Scott’s Creek catering team 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 students. 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 mjensen@staff.pac.edu.au

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 Hausler - Outdoor Education Instructor
Allie Brinkworth - Outdoor Education Instructor
Alice Cook - Scott’s Creek GAP Assistant
Greg Pippet - Outdoor Education Instructor
Sean Meredith - Outdoor Education Instructor
Meridee Jensen - 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>10:30am</td>
<td>Arrive at SCOC</td>
<td>9.30am Challenge 3</td>
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<tr>
<td>11:00am</td>
<td>Welcome &amp; Safety Briefing</td>
<td>Group 1: The Piston Cup</td>
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<tr>
<td></td>
<td>Divide into teams</td>
<td>Group 2: Route 66</td>
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<tr>
<td></td>
<td>Move into dorms or set up tents</td>
<td>Group 3: Canyon Race</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group 4: Tractor Tip</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Lunch</td>
<td>10:45am Challenge 4</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Challenge 1</td>
<td>Group 1: Tractor Tip</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group 2: The Piston Cup</td>
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<tr>
<td></td>
<td></td>
<td>Group 3: Route 66</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group 4: Canyon Race</td>
</tr>
<tr>
<td>1:30pm</td>
<td>Group 1: Canyon Race</td>
<td>Pack Up</td>
</tr>
<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>
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</tr>
<tr>
<td>2:15pm</td>
<td>Free Time</td>
<td>1:45pm Depart SCOC</td>
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<tr>
<td>3:15pm</td>
<td>Challenge 2</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>
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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 iPods’ 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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<tbody>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
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Your Name: ___________________________________________ School: ___________________________________________

**Medicare Number:** ___________________________________________ Card Expiry Date: ______________________

Number on card: ___________________________________________

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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<thead>
<tr>
<th>FOR EMERGENCY USE ONLY</th>
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<tbody>
<tr>
<td>Name of Family Doctor</td>
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<tr>
<td>Name of Medical Specialist</td>
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