PRINCE ALFRED COLLEGE

Year 3
Introduction to Outdoor Education

Woodhouse 2016
June 2016

Dear Parents,

In term three this year your son will be taking part in the Year 3 Adelaide Hills program at Woodhouse. Boys will participate in a tabloid of activities that cover many aspects of group development, teamwork and culinary skills. Boys will work together in small activity groups learning basic social skills and specific outdoor concepts.

The Woodhouse campsite is located in the stunning Piccadilly Valley, just 25 minutes from the Adelaide GPO. We will be staying in dorm style accommodation on 54 hectares of rolling and tree studded country side. A natural watercourse winds it way through the beautiful site at Woodhouse.

This program has been designed with the aim of integrating the Year 3 program with the College’s outdoor curriculum. Members of the outdoor education faculty will facilitate all aspect of the program with assistance from classroom teachers. Skills learnt whilst on program will aid the boys as they move through the outdoor and environmental education curriculum.

To help your son prepare for this program, please note the following.

**Food** – Your son will need to bring a packed recess & lunch on the first day (Wednesday).

**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 things listed are brought along and suitably named.

**Medical & Consent Forms** – Please fill in the consent form and return it to the class teacher as soon as possible. To ensure your son’s medical information is correct, please log onto the PAC website (instructions to follow), check that the medical details are up to date and inform the class teacher or Micha Jensen of any current medication or special concerns. Medication required on camp must be clearly named and instructions stated specifically.

Please do not allow your son to bring radios, MP3 players, electronic games, mobile phones, lollies 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.

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 to learn new skills and acquire attitudes during this program that are positive, thoughtful and constructive.

Please contact me 0439 803 000 or email mjenosen@staff.pac.edu.au if you require any further information.

Yours sincerely,

Micha Jensen
Coordinator 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. 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 within a PYP environment is more than just student participation in recreational activities and games. The 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. 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 well-being is defined through 3 common strands; these are 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 3 Outdoor Education program students should:

- Have strengthened relationships with their peers and teacher(s)
- Developed a greater understanding of some of Australia’s native fauna
- Be developing an awareness of potential hazards and risks in the outdoors, and take the necessary precautions to safely participate
- Start identifying their own strengths that they can contribute when working in a group environment
## Intended Year 3 Program

<table>
<thead>
<tr>
<th>Time</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am</td>
<td>Wake up</td>
<td>Wake up</td>
<td></td>
</tr>
<tr>
<td>7:45am</td>
<td>Duties</td>
<td>Duties</td>
<td></td>
</tr>
<tr>
<td>8:00am</td>
<td>BREAKY</td>
<td>BREAKY</td>
<td></td>
</tr>
<tr>
<td>9:00am</td>
<td>9.30am Depart PAC Dequetteville Tce</td>
<td>a) Animals Anonymous</td>
<td>Pack up</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b) Bush Cooking</td>
<td>Frisbee</td>
</tr>
<tr>
<td>10:00am</td>
<td>Arrive Woodhouse &amp; have recess</td>
<td>Morning Break</td>
<td>Morning Break</td>
</tr>
<tr>
<td>11:00am</td>
<td>Settle in &amp; explore</td>
<td>b) Animals Anonymous</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>a) Bush Cooking</td>
<td></td>
</tr>
<tr>
<td>12:30pm</td>
<td>LUNCH – brought from home</td>
<td>LUNCH</td>
<td>LUNCH</td>
</tr>
<tr>
<td>1:30pm</td>
<td>Group Activity</td>
<td>a) Attack &amp; Defend</td>
<td>Games</td>
</tr>
<tr>
<td>2:00pm</td>
<td>CHALLENGE HILL</td>
<td>b) Mini Olympics</td>
<td>2:00pm Depart Woodhouse</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>2:30pm Arrive PAC</td>
</tr>
<tr>
<td>3:00pm</td>
<td>Afternoon Break</td>
<td>Afternoon Break</td>
<td></td>
</tr>
<tr>
<td>3:30pm</td>
<td>CHALLENGE HILL</td>
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<tr>
<td></td>
<td></td>
<td>a) Mini Olympics</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>b) Attack &amp; defend</td>
<td></td>
</tr>
<tr>
<td>4:30pm</td>
<td>Free Time</td>
<td>Free Time</td>
<td></td>
</tr>
<tr>
<td>5:45pm</td>
<td>Duties</td>
<td>Duties</td>
<td></td>
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<tr>
<td>6:00pm</td>
<td>DINNER</td>
<td>DINNER</td>
<td></td>
</tr>
<tr>
<td>7:00pm</td>
<td>Story Time</td>
<td>Booklets/ showers/stories</td>
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<tr>
<td>8:00pm</td>
<td>Supper</td>
<td>Supper</td>
<td></td>
</tr>
<tr>
<td>8:15pm</td>
<td>Lights Out</td>
<td>Lights Out</td>
<td></td>
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</tbody>
</table>

### Dates & Times

The bus will depart from Dequetteville Terrace at 9.30am Wednesday 26\textsuperscript{th} October. Students are asked to arrive at 9.00am.

The bus will return to PAC from Woodhouse at approximately 2.30pm on Friday 28\textsuperscript{th} October.
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. 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

Catering

Your son will need to provide his own recess & lunch for the first day of the program (Wednesday). All other meals will be provided by Energy Bar Catering. Energy Bar Catering provide a great service for the boys 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.

Accommodation

Woodhouse provides dormitory style accommodation. Meals will be consumed in the Main Hall. Boys will have access to hot showers and flush toilets throughout the duration of the program.

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 Woodhouse environment.

Micha Jensen – Coordinator of Scotts Creek Outdoor Centre
Lara Schiller – Outdoor Education Teacher
Stephen Hausler – Outdoor Education Instructor
Belinda Rowe – Outdoor Education Instructor
Communication Systems

The campsite has a direct phone line for emergency communication. On trips away from the residential camp, mobile phones are used for emergency communication. The contact numbers for the program are:

Woodhouse Campsite  (08) 8339 3333 (9am – 5pm)
Micha Jensen  0439 803 000 (24 hours)

Program Expectations

We want the program to be fun, enjoyable and safe for everyone. Therefore all School rules and expectations apply. We ask that boys,

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’s 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.

Fire Extinguishers

Fire Extinguishers are an important and expensive piece of safety equipment. The Campsite 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.

Living Lightly at Woodhouse

Here are a few easy things that boys can do to lessen the impact on the environment.

- Turn off the light when you are the last one to leave
- Have short showers
- Use the rainwater tanks for drinking
- 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.

And remember… ACT LOCAL

THINK GLOBAL
REDUCE, REUSE, RECYCLE
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 anytime and that personal equipment of others must not be tampered with.

Program Description

The sessions have a high adventure focus, based around four major activities:

- **Attack & Defend** - Each group is provided with 4 markers and 8 flags. They must stake a "territory" of approx 100 sqm. Their task is then to "steal" territory from other groups by capturing flags used to mark that group’s territory. At the same time they must defend their own territory. This is an activity requiring some strategy development where a balance between attack and defence is found.

- **Bush cooking** - An opportunity for students to experience camp oven cooking. Honey Soy Chicken Wings and different styles of damper are on the menu.

- **Mini Olympics** – Students are to complete several tasks as a team. These tasks involve assembling a large puzzle, carting water with cups to fill a large tube and Geeters.

- **Animals Anonymous** – Students have the opportunity to see, touch, smell, hold a variety of Australian native animals, including reptiles, crocodiles, squirrel gliders and a Tawny Frogmouth.

- **Challenge Hill** - Is an exciting and challenging "obstacle course" built into the side of a hill. A great deal of personal development and challenge is the aim, as students push their own personal limits.
Gear and Equipment List

Around the campsite...
- A comfortable pair of shoes for around the campsite.
- An old pair of shoes that may get wet
- Three sets of underwear
- Three sets of socks
- Two pairs of shorts
- Three T-shirts
- Track pants
- Jumper
- Towel
- Sunscreen & lip balm
- Broad brimmed hat
- Plastic bag for wet and dirty gear
- Water bottle (500ml to 1litre)
- Waterproof jacket
- Personal medication - If required (Puffer, preventer etc.)

At night...
- Small, compact torch with spare batteries
- A warm sleeping bag (Bring extra blankets if you don’t think yours is warm enough)
- Pyjamas
- Beanie
- Insect repellent (Tropical Strength Rid / Aero guard)
- Pillow and Pillowcase
- Personal toiletries (toothbrush/paste, soap)
- Pencil case with pencils
- Tea Towels
- A book to read

Items we encourage you to bring...
- Camera
- Musical Instrument

Items to leave at home...
- Electronic equipment - DS, MP3 players etc.
- Junk food (chips, soft drink, lollies etc)
- Mobile Phone
- No money is required during the program