Year 4 Outdoor Education
Coastal Ecology

Victor Harbor
2015
February 2015

Dear Parents,

Your son will soon be taking part in the Year 4 Coastal Ecology Program at Victor Harbor. The beach environment and coastal activities represent the major focus of the program. Boys will participate in a range of activities that cover many aspects of both the marine and freshwater environment. Boys will work together in small activity groups and begin to understand basic ecological concepts and outdoor skills.

The Toc H campsite is situated on Waggon Road, Victor Harbor. The campsite itself is situated on 4 hectares of land, approximately three kilometres from the town centre. This program has been designed with the aim of integrating the Year 4 program with the College’s Outdoor Education curriculum. Staff members from the Outdoor Education department will facilitate the program. The body boarding and beach safety sessions are run by Victor Harbor aquatics. Skills learnt whilst on the 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 of program (Tuesday).

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 items listed are brought along and suitably named.

Medical & Consent Forms – Please fill in the consent forms and return them to the class teacher before February 21st. Please note that both the Prince Alfred College consent form and the DECS Aquatic consent must be signed and returned to your son’s teacher. To ensure your son’s medical information is correct, please log on to the PAC website (instructions below) and check that the medical details are up to date. Please 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 a mobile phone, MP3 player, 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.

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.

If you require any further information please contact me on 0439803000 or mjensen@pac.edu.au

Yours sincerely,

Micha Jensen
Coordinator Scotts Creek Outdoor Centre
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. 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 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 Objectives**

At the completion of the Year 4 Outdoor Education program students should:

- Have strengthened relationships with their peers and teacher(s)
- Developed a greater understanding of the ocean environment including its flora and fauna
- Be developing an awareness of potential hazards and risks in an ocean environment, and take the necessary precautions to safely participate
- Start identifying their own strengths that they can contribute when working in a group environment
- Begin developing resilience
- Increase their knowledge and understanding of Aboriginal dream time stories for the lower lakes area
## Intended Program

### Prince Alfred College

#### Year 4

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<thead>
<tr>
<th></th>
<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>7:00am</strong></td>
<td>Wake up</td>
<td>Wake up</td>
<td>Wake up</td>
<td>Pack up</td>
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<tr>
<td><strong>7:45am</strong></td>
<td>Duties</td>
<td>Duties</td>
<td>Duties</td>
<td>9.30am Travel to Urimbirra</td>
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<tr>
<td><strong>8:00am</strong></td>
<td>8:30am depart Dequetteville Tce</td>
<td>BREAKY</td>
<td>BREAKY</td>
<td>Urimbirra Wildlife Experience</td>
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<td><strong>9:00am</strong></td>
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<tr>
<td><strong>10:00am</strong></td>
<td>10:30am arrive Toc H</td>
<td>a) Surfs up</td>
<td>Greenhills Adventure Park</td>
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<td></td>
<td>Settle into Dorms</td>
<td>b) Beach Games</td>
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<tr>
<td><strong>11:00am</strong></td>
<td>Teams</td>
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<td></td>
<td>11.15 Travel to Whale Centre</td>
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<td></td>
<td>11.30 Whale Centre Session 1</td>
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<tr>
<td><strong>12:30pm</strong></td>
<td>LUNCH</td>
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<td>1200 LUNCH</td>
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<tr>
<td><strong>1:00pm</strong></td>
<td>Whale Centre Session 2</td>
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<tr>
<td><strong>2:30pm</strong></td>
<td>Travel back to TocH</td>
<td>b) Surfs up</td>
<td></td>
<td>12:45pm Depart Victor Harbor</td>
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<tr>
<td><strong>3:00pm</strong></td>
<td>Afternoon Tea</td>
<td>a) Beach Games</td>
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<td>2:00pm Arrive PAC</td>
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<td>A) Tarp Turn Over &amp; Shrinking carpet</td>
<td>Teacher time</td>
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<td>B) Acid River</td>
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<td>Free Time</td>
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<td>C) Square Maze</td>
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<td>Tower Building &amp; T Puzzels</td>
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<td><strong>5:00pm</strong></td>
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<td>Free Time</td>
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<td><strong>5:30pm</strong></td>
<td>Duties</td>
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<tr>
<td><strong>5:45pm</strong></td>
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<tr>
<td><strong>6:00pm</strong></td>
<td>DINNER</td>
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<td><strong>7:30pm</strong></td>
<td>Granule Island Twilight Walk</td>
<td>Magical Madness</td>
<td>Year 11 Games &amp; Quiz Night</td>
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<td><strong>8:00pm</strong></td>
<td>Supper &amp; Journals</td>
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<tr>
<td><strong>9:00pm</strong></td>
<td>Lights Out</td>
<td>Lights Out</td>
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### Dates & Times

The bus will depart from Dequetteville Terrace at 8.45am Tuesday 3\textsuperscript{rd} March. Students are asked to arrive at 8.30am.

The bus will return to PAC from Victor Harbor at approximately 2pm on Friday 6\textsuperscript{th} March.
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 Toc H and Victor Harbor area.

Micha Jensen – Coordinator of Scotts Creek Outdoor Centre
Dave Walker – Outdoor Education Teacher
Lara Schiller – Outdoor Education Instructor
Jack Bain – Outdoor Education GAP student

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 (Tuesday). At all other times a large diversity of foods is provided by Active Catering. Meals are healthy, nutritionally balanced and plentiful. If your son has any special dietary requirements please outline this in the program consent form. If you have any further questions regarding catering please contact our caterer Sue O’Brien on 0417 860 889 or activecatering1@gmail.com

Accommodation

Toc H provides dormitory style accommodation. Meals will be eaten in the Main Hall. Boys will have access to hot showers and flushing toilets throughout the duration of the program.
The coordinator of Scotts Creek can be contacted at any time during your son’s program. The contact number for the program is:

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 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 campsite 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 Victor Harbor**

Here are a few easy things that boys can do to lessen their 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 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. 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

Each activity has a different focus with a major focus based around the beach and aquatic activities along the coast of Victor Harbour. Other activities are designed to invoke thought and teamwork amongst the boys. The activities have been designed to fulfil curriculum requirements, develop group skills and allow the students some independence in a fun and entertaining environment.

Activity Explanations

1. **Surfs up!** – Students will be introduced to base level ocean awareness, hazards, beach rules, basic swimming, jumping and duck diving small waves. The foam body boards provided allows boys the opportunity to further their skills in body boarding and surf awareness.

2. **Urimbirra Wildlife Experience** – boys will have the opportunity to learn and engage with over 70 species of native fauna in a unique environment.

3. **South Australian Whale Centre** – The students will be provided with a work book to complete. All the answers are found on the displays throughout the centre. A practical workshop is also incorporated into our visit.

4. **Magical Madness** – An activity where students will be working in small groups, trying to solve a series of logic problems and “brain teasers”. Elements of English, Maths and Design are incorporated in the activity.

5. **Greenhill’s Adventure Park** – Students will divide into small groups where they can participate in a series of engaging activities including water slides, aqua bikes, mini golf, dry slides, flying fox, maze, bouncy castle and more.

    A staff member/leader will accompany each group of boys.
Gear and Equipment List

For the beach and activities...
✓ Small Backpack/Daypack
✓ Bathers/ Board shorts
✓ Rashie or t-shirt for swimming
✓ Beach Towel
✓ Thongs or sandals
✓ Sun screen
✓ Lip balm
✓ **Broad brimmed hat - No Hat no Play**
✓ Plastic bags for wet gear x2
✓ Water bottle (minimum 500ml)

Around the campsite...
✓ A comfortable pair of sport shoes
✓ Three sets of underwear
✓ Three sets of socks
✓ Two pairs of shorts
✓ Three T-shirts
✓ Track pants
✓ Jumper
✓ Towel
✓ Pencil case
✓ Waterproof Jacket

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
✓ Personal toiletries (toothbrush/paste, soap)
✓ Beanie
✓ Insect repellent (Tropical Strength Rid / Aero guard)
✓ Pillow & Pillowcase

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