Year 5/6 class
Outdoor Education Program

Scotts Creek Outdoor Centre
2016
February 2016

Dear Parents,

Your son will soon be taking part in the year 5/6 class Eco-Adventure Program at Scotts Creek. This program examines the basic ecological concepts of the Mallee and river environments. Year 5 students will have the opportunity to listen to dreamtime stories around a campfire and create a piece of aboriginal art work. Year 6 students will be introduced to orienteering and will work together in small activity groups to understand basic ecological concepts. A major focus of the program will be the aquatic based activities. Boys will be taught the fundamental skills and safety procedures of canoeing.

Scotts Creek is located 7km South of Morgan on an anabranch of the Murray River. It provides a wonderful opportunity for outdoor and environmental activities. We hope that your sons’ experience at Scotts Creek is both enjoyable and valuable.

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

**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** - To ensure your son’s medical information is correct, please log on to the PAC website (instructions to follow) 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 medication or special concerns. Medication required on program must be accompanied by a completed Medication Authority form which is available for download via the following link.


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

Our 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 all of the 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.

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

Yours sincerely,

Micha Jensen
Coordinator Scotts Creek Outdoor Centre
Outdoor Education at Prince Alfred College

Outdoor education in the IB Primary Years Program (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 Program Objectives

At the completion of the Year 5/6 Outdoor Education program students should:

- Have strengthened relationships with their peers and teacher(s)
- Develop a greater understanding of Aboriginal people of Australia and their culture (Year 5)
- Gain a greater understanding of aquatic environments and natural cycles that are essential for life on Earth (Year 6)
- Be developing an awareness of potential hazards and risks in a river environment, and take the necessary precautions to safely participate in related activities
- Start identifying their own strengths that they can contribute when working in a group environment
- Demonstrate a basic understanding of canoeing and capsizing by using these skills to successfully paddle a canoe
# Intended 5/6 class Programs

## Year 5 program for 5/6 classes

<table>
<thead>
<tr>
<th>Time</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
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<tbody>
<tr>
<td>7:00am</td>
<td>Wake up</td>
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<td>Pack up</td>
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<td>7:45am</td>
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<td>8:00am</td>
<td>8.45am depart Dequetteville Terrace.</td>
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<td>9:00am</td>
<td>Aboriginal Art</td>
<td>Pack up tents/</td>
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<td>Clean up</td>
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<td>10:00am</td>
<td>A step back in time</td>
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<td>web of life</td>
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<td>11:00am</td>
<td>Arrive SCOC</td>
<td>Aboriginal Journey</td>
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<td>11.30am LUNCH</td>
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<td>12noon</td>
<td>Settle into dorms</td>
<td>Free time</td>
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<td>Depart SCOC</td>
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<td>1:00pm</td>
<td>Canoeing Skills and Games</td>
<td>Set Up Tents</td>
<td>Teacher Time</td>
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<td>2:00pm</td>
<td>Orienteering</td>
<td>Map Drawing</td>
<td>Canoe Games and paddle to the river</td>
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<td>4:00pm</td>
<td>Princes Pizza!!</td>
<td>Aboriginal</td>
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<td>Perspective workshop</td>
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<td>5:00pm</td>
<td>Free Time/Fishing</td>
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<td>7:00pm</td>
<td>Indoor Bouldering</td>
<td>Dreamtime stories</td>
<td>“Escape from Kamp Krusty”</td>
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<td></td>
<td>around the campfire</td>
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<td>Reflection</td>
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<td>9:00pm</td>
<td>Lights Out</td>
<td>Torches Out</td>
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<td><strong>Wake up</strong></td>
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<tr>
<td>7.15am</td>
<td><strong>8.45am depart Dequetteville Terrace.</strong></td>
<td><strong>Fishing</strong></td>
<td><strong>Pack up Campsite</strong></td>
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<tr>
<td>7.45am</td>
<td></td>
<td><strong>Wake Up</strong></td>
<td><strong>Walk back to SCOC</strong></td>
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<td>8.00am</td>
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<td><strong>Duties</strong></td>
<td><strong>BREAKY</strong></td>
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<td>9.00am</td>
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<td><strong>Arrive SCOC</strong></td>
<td><strong>Clean Up</strong></td>
<td><strong>Pack up</strong></td>
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<td>10.00am</td>
<td></td>
<td><strong>Water Cycles</strong></td>
<td><strong>Orienteering</strong></td>
<td><strong>Mission Impossible/Web of Life Game</strong></td>
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<tr>
<td>10.30am</td>
<td><strong>Free Time</strong></td>
<td><strong>Orienteering</strong></td>
<td><strong>Canoe Games and Paddle</strong></td>
<td><strong>Depart SCOC</strong></td>
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<tr>
<td>11.00am</td>
<td><strong>Settle into dorms</strong></td>
<td><strong>Water Watch</strong></td>
<td><strong>Arrive PAC</strong></td>
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<td>12.00pm</td>
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<td>1.30pm</td>
<td><strong>Canoeing</strong></td>
<td><strong>Water Orienteering</strong></td>
<td><strong>Canoe Games and Paddle</strong></td>
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<tr>
<td>3.30pm</td>
<td><strong>Princes Pizza</strong></td>
<td><strong>Preparation for Campout in the Mallee</strong></td>
<td><strong>Free Time/Fishing</strong></td>
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<td>4.00pm</td>
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<td><strong>Walk to Campsite</strong></td>
<td><strong>Free Time/Fishing</strong></td>
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<td>4.30pm</td>
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<td><strong>Set up tents</strong></td>
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<td>5.00pm</td>
<td><strong>Free Time/Fishing</strong></td>
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<td><strong>Canoe Games and Paddle</strong></td>
<td><strong>Free Time/Fishing</strong></td>
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<tr>
<td>7.00pm</td>
<td><strong>Indoor Bouldering</strong></td>
<td><strong>BBQ Dinner</strong></td>
<td><strong>“Escape From Kamp Krusty”</strong></td>
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<td>7.30pm</td>
<td><strong>Trangia Use</strong></td>
<td><strong>Star Gazing</strong></td>
<td><strong>Supper</strong></td>
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<td>9.00pm</td>
<td><strong>Supper</strong></td>
<td><strong>Torches Out</strong></td>
<td><strong>Supper</strong></td>
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<td>9.30pm</td>
<td><strong>Lights Out</strong></td>
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**Dates & Times**

The bus will depart from Dequetteville Terrace at 8.45am. Students are asked to arrive at 8.30am. The bus will return to PAC from Scotts Creek at 3.00pm Friday.

**5/6 Tothill** Term 2, week 8, Tuesday 21st – Friday 24th June 2016
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.

Catering

Energy Bar Catering provide a large diversity of foods during the time that your son is on the 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. Or contact our caterer Sue O’Brien on 0417 860 889 or energybarcatering@gmail.com.

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.

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

Mosquitoes and Ross River Fever

Living and working near a body of water such as Scotts Creek and the Murray River always 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
Staff

PAC Outdoor Education Staff are highly qualified and experienced Outdoor Educators. Staff are trained in Wilderness First Aid and are familiar with the Scotts Creek environment.

Micha Jensen – Coordinator of Scotts Creek Outdoor Centre
Steve Hauser – Outdoor Education Instructor
Allie Brinkworth – Outdoor Education Instructor
Sean Meredith – GAP Student Scotts Creek

If you require contact with a PAC staff member during the program please contact Micha Jensen on 0439 803 000 or (08) 8540 2231.

Daily Duties

One of the many activities that students participate in whilst on program is the care and maintenance of the space in which we live. Students come to understand that these jobs are not chores, but activities that are vital to the care and well-being 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 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.

Safety Considerations

The Murray River represents a unique, wild environment in which to adventure. There are however, inherent dangers within the 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 can increase the risk of injuries to swimmers. The staff at Scotts Creek Outdoor Centre consider the complete safety of students a top priority at all times. Students can aid the staff and be responsible for their own well-being by following some “common-sense” rules such as:

- Boys will be expected to wear a Personal Floatation Device in the water at all times,
- 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.

Boundaries

One of the features of Scotts Creek is its open areas. This area is 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.
General Program Expectations

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

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 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

Emergency Procedures

In the unlikely event of a serious accident or incident the Centre has an extensive and detailed Emergency Procedure 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 various expeditions to 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.
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
- 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.

ACT LOCAL

THINK GLOBAL

REDUCE, REUSE, RECYCLE

Living Together

Respect for each other is important in a community living together and 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.
Gear and Equipment List

Around the property...
- Broad brimmed hat
- 1 L Water Bottle
- Two pairs of shoes
  - An old pair for aquatics (These will get wet!)
  - A comfortable pair for around the Centre
- Three sets of underwear
- Three sets of socks
- Two pairs of shorts
- Three T-shirts
- Bathers/ board shorts
- Two pairs of Track pants
- Two warm jumpers (Polar Fleece or Wool)
- Towel
- Sunscreen
- Lip balm

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)
- Beanie
- Insect repellent (Tropical Strength Rid / Aeroguard)
- Pillow & Pillowcase
- Toiletries (Toothbrush, toothpaste, deodorant)

Out on expedition...
- Waterproof jacket (parachute style material not appropriate)
- 2 L Water bottle
- Personal First Aid Kit* (see note below)
- Warm polar fleece or woolen jumper
- Daypack or small backpack to walk to campout- (Year 6 only)

*Personal first aid kit includes Band-Aids, adhesive tape. 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

Items to leave at home...
- Electronic equipment: MP3 players, mobile phones, DS etc.
- Extra junk food (chips, soft drink, lollies etc.)
- No pocket money is required whilst you are at the Centre (there is nowhere to spend it!)