February 2015

Dear Parents,

Your son will soon be taking part in the Year 5 Cultural Perspectives Program at Scotts Creek. This program examines the basic ecological concepts of the mallee and river environments. Students will have the opportunity to explore ways that the land and river was used by Indigenous people before and after European settlement. Students will take part in an Aboriginal journey, examine traditional hunting artefacts and tools, listen to dreamtime stories around a campfire and have the opportunity to create a piece of aboriginal art work. Students will be introduced to canoeing and minimal impact camping in conjunction with swimming and water safety in the river environment.

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. 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 mobile phones, MP3 players, 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.

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 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 directly on 0439 803 000 or mjensen@staff.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 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 well-being. 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 Outdoor Education program students should:

- Have strengthened relationships with their peers and teacher(s)
- Have built a greater understanding of our Indigenous Australians and appreciation of their culture
- Be developing an awareness of potential hazards and risks in a river environment, and take the necessary precautions to safely participate in aquatic river 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 Year 5 Program

<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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</thead>
<tbody>
<tr>
<td>7:00am</td>
<td>Wake up</td>
<td>Wake up</td>
<td>Wake up Pack up</td>
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<tr>
<td>7:45am</td>
<td>Duties</td>
<td>Duties</td>
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<tr>
<td>8:00am</td>
<td>8.45am depart</td>
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<td>9:00am</td>
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<tr>
<td>10:00am</td>
<td>a) Aboriginal Art</td>
<td>b) A step back in</td>
<td>Pack up tents/</td>
<td>Mission Impossible</td>
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<tr>
<td></td>
<td></td>
<td>time</td>
<td>Canoe games</td>
<td></td>
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<tr>
<td>11:00am</td>
<td>Arrive SCOC</td>
<td>a) A step back in</td>
<td>Aboriginal Journey</td>
<td>11.30am</td>
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<td></td>
<td></td>
<td>time</td>
<td></td>
<td>LUNCH</td>
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<tr>
<td>12noon</td>
<td>Settle into dorms</td>
<td>Free time</td>
<td></td>
<td>Depart SCOC</td>
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<tr>
<td>12:30pm</td>
<td>LUNCH</td>
<td>LUNCH</td>
<td>LUNCH</td>
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<tr>
<td>1:00pm</td>
<td></td>
<td>Set Up Tents</td>
<td>Teacher Time</td>
<td>Arrive PAC</td>
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<tr>
<td>2:00pm</td>
<td>Canoeing Skills and</td>
<td>Orienteering</td>
<td>Flying Fox</td>
<td>3pm</td>
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<tr>
<td></td>
<td>Games</td>
<td>Map Drawing</td>
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<tr>
<td>4:00pm</td>
<td>Princes Pizza!!</td>
<td>Aboriginal Perspective</td>
<td>Poetry session</td>
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<tr>
<td>4:30pm</td>
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<td>workshop</td>
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<tr>
<td>5:00pm</td>
<td>Free Time/Fishing</td>
<td>Free Time/Fishing</td>
<td>Free Time/Fishing</td>
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<tr>
<td>5:45pm</td>
<td>Duties</td>
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<td>Duties</td>
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<tr>
<td>6:00pm</td>
<td>DINNER</td>
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<tr>
<td>7:00pm</td>
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<tr>
<td>7:30pm</td>
<td>Indoor Bouldering</td>
<td>Dreamtime stories</td>
<td>Escape from Kamp</td>
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<td></td>
<td></td>
<td>around the campfire</td>
<td>Krusty</td>
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<tr>
<td>8:00pm</td>
<td>SUPPER</td>
<td>SUPPER</td>
<td>SUPPER</td>
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<tr>
<td>8:30pm</td>
<td>Reflection</td>
<td>Reflection</td>
<td>Reflection</td>
<td></td>
</tr>
<tr>
<td>9:00pm</td>
<td>Lights Out</td>
<td>Torches Out</td>
<td>Lights Out</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 school by 3pm Friday.

The year 5 program dates are below:

- **5 O’Toole** – Term 2, Week 5, Tuesday 19th May to Friday 22nd May
- **5 McKay** – Term 2, Week 8, Tuesday 9th June to Friday 12th June
- **5 Gilchrist** – Term 2, Week 9, Tuesday 16th June to Friday 19th June
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

Catering

Active 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 activecatering1@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 and dorms also have fans.

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, Next G mobile 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, as there is no guaranteed safe means of co-habiting with mosquitoes, 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 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
Dave Walker – Outdoor Education Teacher
Lara Schiller—Outdoor Education Instructor
Jack Bain – GAP Student Scotts Creek

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 realise 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 lawn areas are 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 staff at Scotts Creek ensure that the complete safety of the students is their top priority. Students can aid the staff and be responsible for their own well being by following these "common-sense" rules.

The Murray River represents a unique, wild environment in which to adventure. There are however dangers inherent with this 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 aid in injuring swimmers. With this in mind, the following rules have been developed:

- Boys will be expected to wear Personal Floatation Devices in the water at all times,
- Boys will be expected to wear shoes whilst involved in all aquatic activities and around SCOC
- 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 areas of open space. These areas are sufficient for all of the program activities. There should be no reason for students to leave the Centre, unless under the direct supervision of a staff member.

Program Expectations

We want the program to be fun enjoyable and safe for everyone. Therefore all school rules 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 camp 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 staff have developed expeditions that 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 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.

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.
Gear and Equipment List

Around the campsite....

☐ Broad brimmed hat
☐ Two pairs of shoes
  - An old pair for aquatics
  - A comfortable pair for around the Centre and campsite
☐ 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 polar fleece or woollen jumper
☐ Towel
☐ Sunscreen & lip balm
☐ Waterproof jacket (parachute style material not appropriate)
☐ 2 L Water bottle
☐ Soft bag/small backpack for carrying clothes and equipment.
☐ Personal First Aid Kit*

*Personal first aid kit includes tissues, band-aids, adhesive tape, insect repellent. 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.

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)
☐ Single fitted bed sheet (optional)
☐ Beanie
☐ Pyjamas
☐ Pillow & Pillowcase
☐ Toiletries (Toothbrush & paste, soap)

Items we encourage you to bring...

✓ Camera
✓ Musical Instrument

Items to leave at home...

☒ Electronic equipment: DS, MP3 players, mobile phones etc.
☒ Junk food (chips, soft drink, lollies etc)
☒ No money is required whilst you are at the Centre (there is no where to spend it!)