PRINCE ALFRED COLLEGE

Year 6 Outdoor Education
Eco-Adventure

Scotts Creek Outdoor Centre
2016
February 2016

Dear Parents,

Your son will soon be taking part in the Year 6 Eco-Adventure Program at Scotts Creek. A major focus of the program will be the aquatic based activities. Boys will be taught the fundamental techniques and safety procedures of canoeing. Boys will work together in small activity groups understanding basic ecological concepts.

Scotts Creek is located 7km South of Morgan on an anabranch of the Murray River. It provides a wonderful opportunity for outdoor and aquatic activities. We hope that your child’s 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, 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.

Every effort should be made to learn new skills and acquire attitudes during this program that are positive, thoughtful and constructive. Hopefully they will stay with each student throughout school and adult life.

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 PYP (Primary Years Program) is concerned with more than just participating in recreational activities and games. Its primary aims are to encourage the development of “intelligent performers” and to encourage students to understand the importance of a balanced, healthy lifestyle. Throughout the five years of the PYP, students should develop knowledge, critical thinking and reflection skills, and a sense of responsibility, as well as interpersonal and self-motivational skills. This should encourage choices that will contribute to long term healthy lifestyles.

Outdoor education will bring the unique perspective of learning through the physical, which can greatly contribute to students’ approaches to learning (ATL) skills, and is transferable across other subject groups.

The learning and development associated with outdoor education should contribute to students developing the qualities of the IB learner profile and engaging with the fundamental concepts of the PYP—holistic learning, intercultural awareness and communication.

When the curriculums of outdoor education and other PYP subject groups are developed according to these principles, students will be given the opportunity to:

- Develop a combination of transferable skills promoting physical, intellectual, emotional and social development
- Engage with units of enquiry from other subject areas through outdoor education experiences and vice versa
- See the areas of interaction as relevant to outdoor education and contributing to holistic learning
- Consider new, differing and contrasting ideas to their own and use them in the learning process
- Develop abilities to communicate their knowledge, skills and reflections in a variety of situations
- Understand the importance of intellectual, physical and emotional balance
- Give thoughtful consideration to their own learning and experience
- Develop their understanding of the natural environment and their relationship within it to make informed decisions that promote an environmentally sustainable future
- Discover their personal strengths and areas for improvement to become more resilient and independent individuals
## Intended Program

### Prince Alfred College

#### Year 6

<table>
<thead>
<tr>
<th></th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>7.00am</td>
<td></td>
<td>Wake up</td>
<td>Wake up</td>
<td>Wake Up</td>
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<tr>
<td>7.15am</td>
<td></td>
<td>Fishing</td>
<td>Pack up</td>
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<tr>
<td>7.45am</td>
<td></td>
<td>Duties</td>
<td>Campsite</td>
<td>Duties</td>
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<tr>
<td>8.00am</td>
<td>8.45am depart Dequetteville Terrace</td>
<td>BREAKY</td>
<td>Walk back to SCOC</td>
<td>BREAKY</td>
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<tr>
<td>9.00am</td>
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<tr>
<td>10.00am</td>
<td></td>
<td>A) Water Cycles</td>
<td>Clean Up</td>
<td>Pack up</td>
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<tr>
<td>10.30am</td>
<td></td>
<td>B) Water Watch</td>
<td>A) Water Watch</td>
<td>Web of Life Game</td>
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<td>11.00am</td>
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<tr>
<td>12.00pm</td>
<td></td>
<td>Arrive SCOC</td>
<td>B) Water Cycles</td>
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<td>Settle into dorms</td>
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<td>LUNCH</td>
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<td>1.00pm</td>
<td>LUNCH</td>
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<td>Depart SCOC</td>
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<tr>
<td>2.00pm</td>
<td>Canoeing</td>
<td>Water Orienteering</td>
<td>Arrive PAC</td>
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<td>3.30pm</td>
<td>Land Orienteering</td>
<td>Preparation for</td>
<td>Paddle to Sandbar</td>
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<td>4.00pm</td>
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<td>Campout in the Mallee</td>
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<td>4.30pm</td>
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<td>Walk to Campsite</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>
<td>Walk to Campsite</td>
<td>Duties</td>
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<tr>
<td>6.00pm</td>
<td>DINNER</td>
<td>Set up tents</td>
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<tr>
<td>7.00pm</td>
<td></td>
<td>DINNER</td>
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<td>7.30pm</td>
<td>Trangia Use</td>
<td>BBQ Dinner</td>
<td>“Escape From Kamp Krusty”</td>
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<td>Star Gazing</td>
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<tr>
<td>9.00pm</td>
<td>Supper</td>
<td>Torches Out</td>
<td>Supper</td>
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<tr>
<td>9.30pm</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. Students are asked to arrive at 8.30am.

The bus will return to PAC from Scotts Creek at 3.00pm Friday.

The Year 6 programs are on the following dates:

6 Sathurayar – Term 1, Week 7, Tuesday 15th March – Friday 18th March
6 Gartner – Term 1, Week 10, Tuesday 5th April – Friday 8th April
6 Thompson – Term 2, Week 4, Tuesday 24th May – Friday 27th May

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 program. Meals are healthy, nutritionally balanced & plentiful. If your son has any dietary requirements please outline this on the consent form. If you have any other dietary enquires please contact If you have any further questions regarding catering please 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.
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

Daily Duties

One of the many activities that we participate in whilst on program is the care and maintenance of the space in which we live. It is important to understand that these jobs are not chores, but activities that are vital to the care and wellbeing 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 campsite 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.

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 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 of Scotts Creek Outdoor Centre
Lara Schiller – Outdoor Education Teacher
Steve Hausler – Outdoor Education Instructor
Sean Meredith – GAP Student Scotts Creek

Boundaries

One of the features of Scotts Creek is its areas of open space. These areas are 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.
Safety Considerations

The staff at Scotts Creek consider the complete safety of students a top priority at all times. Students can aid the staff and be responsible for their own wellbeing by following these “common-sense” rules. The Murray River represents a unique, natural environment in which to adventure. There are however, dangers inherent within this area. The river has a fluctuating water depth and has numerous underwater obstructions. These can aid in injuring swimmers. With this in mind, we ask that parents help reinforce the importance of the following rules with their son:

- Boys will be expected to wear a Personal Floatation Device in the water at all times,
- Boys will be expected to wear shoes whilst involved in all aquatic activities and around Scotts Creek Outdoor Centre
- 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.

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 any time and that personal equipment of others must not be tampered with.

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*

Program Expectations

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

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.
Emergency Procedures

In the unlikely event of a serious accident or incident the Centre has an extensive and detailed Emergency Management 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 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 lessen our impact on the earth.
Gear and Equipment List

Around the campsite ...
- Broad brimmed hat
- Two pairs of shoes
  - an old pair for aquatics (they will get wet)
  - a comfortable pair for around the Centre and campsite
- Three sets of underwear
- Three sets of socks
- Two pairs of shorts
- Three T-shirts (collared are best)
- Bathers/ board shorts
- Track pants
- Jumper
- Towel
- Toiletries
- Sunscreen, lip balm
- Waterproof jacket (parachute style material not appropriate)
- Water bottle (minimum 500ml)
- Personal First Aid Kit* (see notes below)
- Warm polar fleece or woolen jumper
- Daypack or small Backpack for the walk to camp out

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 bed sheet (optional)
- Pyjamas
- Beanie
- Pillow & Pillowcase

*Personal first aid kit includes 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.

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

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