Year 8
‘Fundamentals’ Program

Hindmarsh Island
2015
January 2015

Dear Parents,

Your son will soon be taking part in the year 8 ‘Fundamentals’ Program on the Fleurieu Peninsula. The program has been designed to integrate new boys to Prince Alfred College with those boys who have spent their primary years in the Preparatory School and to adequately prepare them for the extended journey at Scotts Creek Outdoor Centre later in the year.

The boys will be staying at the Hindmarsh Island Caravan Park on Madsen Street. The park is privately owned, consists of 22 acres of natural fauna and is an ideal location for us at just 100 meters from the Murray River. Along with the river, the coastal beaches of Middleton and Goolwa will also be used for aquatic activities. We hope that your son’s experience 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 ensure that all items listed are brought along and suitably named.

**Medical & Consent Forms** – Please fill in both consent forms and return them to the class teacher by Wednesday 4th February at the latest. To ensure your son’s medical information is correct, please log into the PAC website (instructions below) and check 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 mobile phones, radios, mp3 players, electronic games, lollies or money. We would like to get away from our normal high-tech style of living for a couple of days.

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 the boys will take this opportunity to strengthen existing friendships and establish new relationships. Cooperation, consideration and respect for others and our environment are central to the success of this program.

Please contact me personally on 0439 803 000, or email mjensen@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 MYP 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 MYP, 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 MYP—holistic learning, intercultural awareness and communication.

When the curriculums of outdoor education and other MYP 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

## ‘FUNDAMENTALS’ PROGRAM

<table>
<thead>
<tr>
<th>Group 1 and 3</th>
<th>Day 1</th>
<th>Day 2</th>
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<tbody>
<tr>
<td>6.30am</td>
<td></td>
<td>Wake up/ Run</td>
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<tr>
<td>7.00am</td>
<td></td>
<td>Pack up</td>
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<tr>
<td>8.30am</td>
<td><strong>Arrive at School</strong></td>
<td><strong>BREAKFAST 8am</strong></td>
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<tr>
<td>8.45am</td>
<td><strong>Depart PAC from Capper St</strong></td>
<td>8:45 Surfing</td>
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<tr>
<td>10.15am</td>
<td><strong>Arrive Hindmarsh Island Caravan Park</strong></td>
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<tr>
<td>10.30am</td>
<td><strong>Recess</strong></td>
<td><strong>Recess</strong></td>
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<tr>
<td>11.00am</td>
<td>Set up</td>
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<tr>
<td></td>
<td>Expedition Menu Planning</td>
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<tr>
<td></td>
<td>Games</td>
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<tr>
<td>11.45 am</td>
<td>11:45 depart beach</td>
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<tr>
<td>12.00pm</td>
<td><strong>LUNCH</strong></td>
<td><strong>Bakery LUNCH</strong></td>
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<tr>
<td>1.00pm</td>
<td>Kayak skills + games</td>
<td>Pack bus + depart</td>
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<tr>
<td>3.00pm</td>
<td><strong>Afternoon Tea</strong></td>
<td><strong>Arrive at PAC</strong></td>
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<td>Extended paddle</td>
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<tr>
<td>5.00pm</td>
<td>Free time</td>
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<tr>
<td>5.45pm</td>
<td><strong>DINNER</strong></td>
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<tr>
<td>7.00pm</td>
<td>Head to Beach</td>
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<td></td>
<td>Swimming</td>
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<tr>
<td></td>
<td>Body Boarding</td>
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<td></td>
<td>Beach Cricket</td>
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<td></td>
<td>Frisbee</td>
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<tr>
<td>9.00pm</td>
<td><strong>SUPPER</strong></td>
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<td></td>
<td>Off to Bed</td>
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<tr>
<td>9.30pm</td>
<td>Lights Out</td>
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**Dates & Times**

The Bus will leave from Capper Street at 8.45am. Parents are asked to have their boys at the school by 8:30am.

The bus will return to PAC from Hindmarsh Island at approximately 3.00pm.

1. **Christine Papanicolas**  
   Mon 9 Feb – Tues 10 Feb
2. **Brett Gilbert**  
   Tues 10 Feb – Wed 11 Feb
3. **Craig Smith**  
   Wed 11 Feb – Thurs 12 Feb
4. **Greg Zheng**  
   Thurs 12 Feb – Fri 13 Feb
5. **Nigel Wilson**  
   Mon 16 Feb – Tues 17 Feb
6. **Jack Harford**  
   Tues 17 Feb – Wed 18 Feb

**Medical Information and Consent**

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](http://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 & password (the user name is usually your parent code – as found on your accounts, 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. Click on the ‘Family Information’ tab in the top bar and select ‘Student Information’ from the drop down menu
7. Click on & check all the sub headings on the left hand side – please update this if necessary

South Coast Surf Academy also require an additional consent form to be completed before participation in surf lessons. Please ensure both consent forms are received by your son’s class teacher.
Catering

Food plays a large role on any outdoor experience. We pride ourselves on the meals we can offer to students during their Outdoor Education experiences. Active 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 enquiries please contact our caterer Sue O’Brien on 0417 860 889 or activecatering1@gmail.com. There is no need to bring any additional food from home for the program.

Accommodation

Accommodation will be in tents, on site at Hindmarsh Island Caravan Park. Boys will have access to bathroom amenities with hot showers and flushing toilets during their stay.

Communication Systems

Outdoor Instructors carry Next G mobile phones during all activities. If there is a need to contact us during the program, please call Micha Jensen on 0439 803 000 (24hrs)

Mosquitoes and Ross River Fever

Staying near a body of water such as Lake Alexandrina and The Murray River enhances the likelihood of mosquitos being present. There is no effective way of ensuring a mosquito free environment and therefore, as there is no guaranteed safe means of co-habiting with mosquitos, it is recommended to students and staff 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. Teaching Staff are trained in Wilderness First Aid and are familiar with the site.

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

The class teacher will also accompany each Wellbeing group.
**Boundaries**

The space and open lawn area of the site is sufficient for many of the activities around the caravan park. There should be no reason for students to leave the site unless under the direct supervision of a staff member, or enter the out-of-bounds forest area as per signage.

**Behavior Guidelines**

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

1. Listen carefully and follow instructions given by all staff  
2. Be courteous to all adults and peers  
3. Allow everyone to feel safe  
4. Respect other people’s property  
5. Be responsible for your own belongings  
6. Stay on the site property unless with a staff member  
7. Take care of the natural environment

**Expectations – everyone will:**

1. Be prepared to share the use of the site facilities and remain friendly and helpful to other peers  
2. Be willing to join in activities and “have a go” at things you may not have tried before  
3. Where appropriate, try to be part of the larger group rather than dividing into small groups – take the opportunity to mix with other boys and build friendships  
4. Keep tent area and grounds clean and tidy  
5. Remember that we are all entitled to a restful night  
6. Cooperate and share the workload including completing any duties cheerfully and promptly  
7. Be considerate of the needs of others at all times

**Living Together**

Respect for each other is important in a community living together. It is important to respect the privacy of others. This means that the tents of other boys must not be entered at anytime and that personal equipment of others must not be tampered with.
Gear and Equipment List

- Two Pairs of Shoes
  - Old pair for aquatics **that will get wet!**
  - A pair for sports and jogging
- Thongs to go to the beach
- Small Daypack/Backpack
- 2 sets of underwear
- 1 set of socks
- 2 pairs of shorts
- 2 T-shirts (collared are best)
- Bathers/ Board Shorts/Rash Vest
- Track Pants
- Jumper
- Towel
- Beach Towel
- Toiletries
- Sunscreen, Lip Balm
- **Broad Brimmed Hat (no hat = no activity)**
- Plate, bowl, cup, knife, fork, spoon in a clean but old pillow case
- Tea Towel
- Water Bottle
- Personal First Aid Kit*
- Waterproof jacket
- Plastic bag for wet gear

*A personal first aid kit includes band-aids, adhesive tape, insect repellent, triangular bandage, and a roller bandage. Personal medication can be carried and administered by the students (asthma puffer), or by the staff (antibiotics). This is at the parents’ discretion and should be noted on the consent form.

At night
- Small, compact torch
- 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

Items we encourage you to bring
- Body Board
- Camera
- Personal wetsuit if you prefer

Items to leave at home
- Electronic equipment including mobile phones, mp3 players etc.
- Food
- No pocket money is required whilst at the program
Prince Alfred College
CONSENT FORM FOR HINDMARSH ISLAND PROGRAM
Please use block letters when filling out this form

As a Parent/Guardian of: .................................................................(Student’s Name)

I: ...........................................................................................................(Parent/Guardian Name)

Have read and understand all information contained in the Program Information Booklet and I give consent for my son to participate in the Year ..................... Outdoor Education Program at:

Hindmarsh Island

from................................. to....................................................... (Insert dates)

Year 3: I give consent for my son to participate in all activities including CHALLENGE HILL during the program.
Year 4: I give consent for my son to participate in beach and aquatic activities during the program.
Year 5 - 8: I give consent for my son to participate in canoeing/kayaking & aquatic activities including CAPSIZING.

All details of planned activities; transport arrangements and supervising teachers/instructors are provided in the Program Booklet.

Agreement:
• I agree to delegate my authority to supervising teachers/instructors. Such supervisors may take whatever disciplinary action they deem necessary to ensure the safety, wellbeing and successful conduct of the students as a group and individually.
• In the event of an accident or illness and contact with me being impractical or impossible, I authorise the teacher-in-charge to arrange whatever medical or surgical treatment a registered medical practitioner considers necessary. I will pay all medical and dental expenses incurred on behalf of my child.
• IMPORTANT: I have logged on to the PAC website & I have verified & updated my son’s medical information held by the College. If there is any change(s) prior to the camp I will update this information online or contact the PAC Health Centre immediately.
• I also consent to my child’s doctor or medical specialist being contacted in an emergency.
• The information given is accurate to the best of my knowledge.

Signed: ................................................................. Date........../........./.............

Emergency Contact Details of Parent/Guardian

Address: ..............................................................................................................................
..............................................................................................................................
..............................................................................................................................

Telephone - Home: Work : Mobile :

Dietary Requirements/Food Allergy

| YES / NO (please circle) | If yes please describe: | Any addition information/special instructions: |

Any healthcare information provided will not prevent your child participating unless further medical advice warrants exclusion. The information will be treated confidentially is sought in order to protect and assist the student so the activity may be a safe and enjoyable experience. Please attach extra sheets if required and contact the teacher-in-charge if you wish to discuss any student healthcare problems.
Surf Lesson Consent Form

To be completed by the student or by the student’s parent/guardian if the student is under 18 years of age. The information will be kept confidential.

Surfer’s Name: ................................................................. D/O/B........................................... Gender............. Address:

...................................................................................................................................................

...................................................................................................................................................

...................................................................................................................................................

Street ........................................................................................................................................

Suburb ........................................................................................................................................ Postcode

Telephone ................................................................. Email Address ...........................................................................

Section 1: Health support information for surf lessons
Please complete the following information so the instructors can plan for your/your child’s safety in the water.

Doctor’s Name: ................................................................. Doctor’s Phone Number: ................................

Do/does your/your child have a health care need that could affect your/their safety in the water?

☐ NO If NO, please go to section 2 – CONSENT TO TAKE PART IN SURF LESSONS

☐ YES If YES, please give details below.

...................................................................................................................................................

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Section 2: Consent to take part in surf lessons

If I/my child require(s) medical treatment as a result of an emergency or accident, I authorise South Coast Surf Academy instructors to arrange any medical assistance that may be required and I agree to pay all associated costs involved including ambulance or other conveyancing considered necessary by those in authority.

In applying to participate in South Coast Surf Academy surf lessons I ACKNOWLEDGE that there are inherent dangers associated with the sport of surfing and my participation in the lesson and that serious accidents can happen which may result in me being injured. To the full extent permitted by law, I agree to absolve and indemnify South Coast Surf Academy, their employees, and Dan Keelan from and against any and all liability for injury, loss or damage, however caused arising out of my participation in the lesson.

As part of our “Consent” form, you are asked to agree to having your photograph used for promotional purposes of South Coast Surf Academy. If you are signing the form, you are consenting to the use of your image by us. You have the right to cross this part of the form out and no photographs will be taken or used by us. You have our assurance that any photographs utilised will be done with the utmost discretion.

1. I have provided the information required and completed this entire form. I warrant that all information provided is true and correct.

2. I have read, understood and agree to the above declaration including the warning, exclusion of liability, release and indemnity.

Signed: ........................................................................... Parent/Guardian Signed: .................................... (if under 18 years of age)

Name: ........................................................................... Name: .........................................................

Date: .............................................................................. Date: .........................................................

Section 3: Survey

How did you find out about South Coast Surf Academy? (Please be specific.) .............................................................