Year 8

‘Fundamentals’ Program

Hindmarsh Island

2017
February 2017

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 kayaking 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 and are easily accessible from this location. 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 pastoral care teacher by Tuesday 7th February. 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, 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@staff.pac.edu.au if you require any further information.

Yours Sincerely,

[Signature]

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

Outdoor education in the Middle School 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 three years of Middle School, 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 skills, and is transferable across other subject groups and life situations.

The learning and development associated with outdoor education should contribute to students developing the qualities of the student life framework and engage with the fundamental concepts of the ‘Princes Man’—holistic development and learning, intercultural awareness and communication.

When the curriculums of outdoor education and other 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 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

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<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
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<tr>
<td><strong>6.30am</strong></td>
<td><strong>7.00am</strong></td>
<td>Wake up/ Run</td>
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<td><strong>Arrive at School</strong></td>
<td>Pack up</td>
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<tr>
<td><strong>8.30am</strong></td>
<td><strong>Depart PAC from Capper St</strong></td>
<td><strong>BREAKFAST 8am</strong></td>
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<tr>
<td><strong>8.45am</strong></td>
<td><strong>Arrive Hindmarsh Island Caravan</strong></td>
<td>8:45 Surfing</td>
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<td>Park</td>
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<td><strong>10.15am</strong></td>
<td><strong>Recess</strong></td>
<td><strong>Recess</strong></td>
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<tr>
<td><strong>10.30am</strong></td>
<td><strong>Set up</strong></td>
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<tr>
<td></td>
<td>Expedition Menu Planning</td>
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<td></td>
<td>Games</td>
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<tr>
<td><strong>11.00am</strong></td>
<td></td>
<td>11:45 depart beach</td>
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<td><strong>12.00pm</strong></td>
<td><strong>LUNCH</strong></td>
<td>Bakery LUNCH</td>
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<tr>
<td><strong>1.00pm</strong></td>
<td><strong>Kayak skills + games</strong></td>
<td>Pack bus + depart</td>
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<td><strong>3.00pm</strong></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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<td><strong>5.00pm</strong></td>
<td><strong>Free time</strong></td>
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<tr>
<td><strong>5.45pm</strong></td>
<td><strong>DINNER</strong></td>
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<tr>
<td><strong>7.00pm</strong></td>
<td><strong>Beach</strong></td>
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<td><strong>9.00pm</strong></td>
<td><strong>SUPPER</strong></td>
<td>Off to Bed</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.

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<thead>
<tr>
<th></th>
<th>Jenkinson</th>
<th>Mon 13 Feb – Tues 14 Feb</th>
<th>(Week 3)</th>
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<tr>
<td>2</td>
<td>Tang</td>
<td>Tues 14 Feb – Wed 15 Feb</td>
<td>(Week 3)</td>
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<td>3</td>
<td>Zheng</td>
<td>Wed 15 Feb – Thurs 16 Feb</td>
<td>(Week 3)</td>
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<td>4</td>
<td>Lumsden</td>
<td>Thurs 16 Feb – Fri 17 Feb</td>
<td>(Week 3)</td>
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<td>5</td>
<td>Risby</td>
<td>Mon 20 Feb – Tues 21 Feb</td>
<td>(Week 4)</td>
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**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)
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.

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 pastoral care teacher.

**Catering**
Food plays a large role in any outdoor experience. We pride ourselves on the meals we can offer to students during their Outdoor Education experiences. The Scotts Creek catering team will provide a large diversity of food 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 Micha Jensen on 0439 803 000 or mjensen@staff.pac.edu.au 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 4G 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. Staff are trained in Wilderness First Aid and are familiar with the site and local environment.

Micha Jensen - Coordinator of Scotts Creek Outdoor Centre
Steve Hausler - Outdoor Education Instructor
Allie Brinkworth - Outdoor Education Instructor
Alice Cook - Scotts Creek GAP Assistant

The pastoral care teacher will also accompany each pastoral care 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, or enter the out-of-bounds forest area, unless under the direct supervision of a staff member. All signage is to be adhered to.

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 smaller groups – take the opportunity to mix with other boys and further nurture 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
- 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 on the program