Year 8

Outdoor Education Program
*Adventure Perspective*

Scotts Creek Outdoor Centre
2016
April 2016

Dear Parents,

A major focus of the Year 8 Outdoor Education Program is on the balance between environmental education, personal development and adventure. Students take part in a 2 night kayak expedition aimed at teaching them specific skills in kayaking navigation, camp craft and water safety. The program promotes a spirit of adventure and discovery. Upon arrival at Scotts Creek Outdoor Centre the boys face two days of climbing on the adventure high ropes course and the opportunity to complete the Big Wall and Protecting Pandora team challenges. Students will need to utilise their leadership skills, teamwork and safety principles learnt during the week to help each other achieve personal and group goals.

The kayaking journey, as planned, begins at Roonka and terminates at our Scotts Creek campus, located 7km South of Morgan on an anabranch of the Murray River. We have a very unique environment which provides a wonderful opportunity for outdoor and environmental 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 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 MP3 players, electronic games, mobile phones or money. We would like to get away from our normal high-tech style of living for the week. We also request that no nuts are brought along by your child.

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 ones. 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 the 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 personally on 0439 803 000 or at mjensen@staff.pac.edu.au

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
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am</td>
<td>8.45am depart Capper St</td>
<td>BREAKY</td>
<td>Breaky</td>
<td>Wake Up Fishing</td>
<td>Wake Up Pack up</td>
</tr>
<tr>
<td>7:45</td>
<td>Depart from Roonka</td>
<td>Pack up</td>
<td>Pack up</td>
<td>Duties</td>
<td>Duties</td>
</tr>
<tr>
<td>8:00</td>
<td>Paddling</td>
<td>Paddle to SCOC</td>
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<tr>
<td>9:00</td>
<td>Arrive Roonka</td>
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<tr>
<td>10:00</td>
<td>Packing</td>
<td>Arrive at camp</td>
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<tr>
<td>11:00</td>
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<td>12:00</td>
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<td></td>
<td>BBQ LUNCH</td>
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<tr>
<td>12:30</td>
<td>Packed LUNCH</td>
<td>LUNCH</td>
<td>LUNCH</td>
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<td>2:00</td>
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<td>Depart for PAC</td>
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<tr>
<td>3:00</td>
<td>Depart from Roonka</td>
<td>Paddling</td>
<td>Continue clean up / debrief</td>
<td>Protecting Pandora</td>
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<tr>
<td>4:00</td>
<td>Arrive at camp</td>
<td>Arrive at camp</td>
<td>Big Wall Challenge</td>
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<tr>
<td>5:00</td>
<td>Set up</td>
<td>Set up</td>
<td>Mission Impossible</td>
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<tr>
<td>5:45</td>
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<td></td>
<td></td>
<td>Duties</td>
<td>Duties</td>
</tr>
<tr>
<td>6:00</td>
<td>Trangia DINNER</td>
<td>Trangia DINNER</td>
<td>DINNER</td>
<td>DINNER</td>
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</tr>
<tr>
<td>7:30</td>
<td>Campfire and games</td>
<td>Campfire and games</td>
<td>Belay School</td>
<td>Indoor Bouldering</td>
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<tr>
<td>8:30</td>
<td></td>
<td></td>
<td>Reflection</td>
<td>Reflection</td>
<td></td>
</tr>
<tr>
<td>9:30</td>
<td>Lights Out</td>
<td>Lights Out</td>
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Dates & Times

The bus will depart from Capper St. at 8.45am. Students are asked to arrive at 8.30am. The bus will return to PAC from Scotts Creek at approximately 3.00pm on Friday.

The following dates are intended for Year 8 programs:

1) 8 Muzik  
   Mon 9th – Fri 13th May
2) 8 Smith  
   Mon 6th – Fri 10th June
3) 8 Zheng  
   Mon 1st – Fri 5th August
4) 8 Tang  
   Mon 19th – Fri 23rd September

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

Your son is required to provide food for the kayak expedition. This includes a pre-prepared packed lunch on Monday and suitable food to be prepared by your son for 2 dinners, 2 breakfasts, 1 additional lunch and ample snacks (no nuts) for an active couple of days until mid-morning on Wednesday. Your son has received a menu booklet which will have been explained in a tutorial session. This booklet highlights appropriate food choices and menu options. Please ensure your son does not bring any nuts in his expedition food.

Energy Bar Catering provide our meals for the rest of the program. Meals are healthy, nutritionally balanced and plentiful. If your son has any dietary requirements please outline this on the consent form. If you have any further questions regarding catering please contact our caterer Sue O’Brien on 0417 860 889 or energybarcatering@gmail.com. Your son will not need any additional food once he is at our Scotts Creek facility.
**Accommodation**

Scotts Creek Outdoor Centre contains facilities that consist of three sub-divided dormitories, each containing 20 beds. Beds are bunk style with comfortable mattresses. During expedition students will be accommodated in lightweight camping tents that provide protection against insects and inclement weather. It is important to respect the privacy of others. This means that the dormitories or tents of other boys must not be entered at any time and that others’ personal equipment must not be tampered with.

**Communication Systems**

The site has a direct phone line for emergency communication. On trips away from the residential site, 4G mobile and satellite phones are used for emergency communication.

SCOC Office – 08 8540 2231  
Micha Jensen – 0439 803 000 (24 Hours)

**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 Hausler – Outdoor Education Instructor  
Sean Meredith – GAP Student Scotts Creek

**Mosquitoes and Ross River Fever**

Staying near a body of water such as Scotts Creek and the Murray River enhances the likelihood of mosquitoes 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 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
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 for boys to understand that these jobs are not chores, but activities that are vital to the care and well being of the site and the people we are staying 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. Boys are encouraged to be co-operative and thorough in their approach to these tasks.

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.

Safety Considerations

The Murray River represents a unique, wild environment in which to adventure. The river has a fluctuating water depth and has numerous underwater obstructions which increase potential accidents. With this in mind, the following rules have been developed:

- Boys will be expected to wear buoyancy vests 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 supervising teacher accompanies them
- Boys must never dive from the bank

The Scotts Creek staff consider safety a top priority at all times. Students can aid the staff and be responsible for their own well-being by following these "common-sense" rules.

General Program Expectations

All staff want the program to be fun enjoyable and safe for everyone. Therefore all school rules and expectations apply. Boys are asked to:

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
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.

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 present member. 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

Boys are reminded to:

- Turn off the light when you are the last to leave a building
- Have short showers
- Use the rainwater tank for drinking only
- Turn the water off when brushing your teeth
- Recycle waste produced

All these help us to use less energy and materials that lessen our impact on the earth.

ACT LOCAL

THINK GLOBAL

REDUCE, REUSE, RECYCLE
Gear and Equipment List

- Broad Brimmed Hat
- Water bottle 1 LTR (minimum)
- Two Pairs of Shoes
  - An old pair for aquatics (these will get wet!)
  - A comfortable pair for around the Centre and at campsites
- Four sets of underwear
- Four sets of socks
- Two pairs of shorts
- Three T-shirts
- Bathers/ Board Shorts
- Track Pants
- Two Jumpers
- Thermals, Top and Bottom (polypro or wool)
- Towel
- Sunburn Cream, Lip Balm

At night...
- Small, compact torch with spare batteries (head torches are very useful)
- 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

Out on expedition...
- Waterproof jacket (parachute style material not appropriate)
- Knife, Fork, Spoon
- Bowl and Cup (plastic or enamel)
- Tea Towel
- 2 plastic shopping bags
- Personal First Aid Kit *(see Notes)
- Warm polar fleece or woolen jumper
- Toiletries (Toothbrush, toothpaste, deodorant)
- FOOD!!!!

*  Personal first aid kit includes band-aids, adhesive tape, insect repellent, triangular bandage, and 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.

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

Items to leave at home...
- Electronic equipment - MP3 players, games etc.
- Extra junk food (chips, soft drink, nuts of any kind etc)
- MOBILE PHONES
- Money