OUTDOOR EDUCATION PROGRAMME

YEAR 7 CAMP 2016

Information Booklet
for Parents and Students
Dr D P Nockles  
Headmaster

07 August 2015

Dear Parents,

I would like to take this opportunity to introduce you to the Outdoor Education Programme at Macarthur. Macarthur’s broad aim is to develop our students in mental, physical, spiritual and leadership skills which is further enhanced by the Outdoor Education Programme. Indeed, the Outdoor Education Programme is integral to the curriculum of the School. One of the aims of the Outdoor Education Programme is to equip our students with the skills to more fully enjoy and appreciate outdoor activities. We live in a vast and magnificent country and as a nation, enjoy spending time outdoors.

In accordance with the School’s aim of excellence in all areas of endeavour, we provide a rigorous physical and mental challenge. Camps provide the opportunity to achieve in challenging situations and enhance leadership skills. We encourage students to appreciate the wonders of God’s creation and care for their surroundings and for each other.

Year 7 students begin a sequential programme of camps that build on spiritual, physical and mental challenges year by year. While there is rigour in the Programme, students are not expected to achieve beyond their ability, nor are they pushed to do so, however, students are given the skills and encouragement to meet challenges.

Through participation in the Programme students will be given an opportunity to develop and refine their skills in a wide range of activities. These activities include Group Skills, Bush Walking, Navigation, Canoeing, Abseiling and Rock Climbing. The Programme rewards students who achieve across a number of outcomes and therefore become eligible to receive awards, beginning with the Camp Participation Award and culminating in Year 12 with The Macarthur Award of Outdoor Education.

An attractive point in the timing of this camp is that it gives our Year 7 students a chance to bind into a Year cohort before they commence formal lessons. It is hoped that this will enable them to adjust more quickly to the academic rigour of secondary studies. The camp also offers an ideal opportunity for the Year 7 cohort to form lasting relationships with their Year 11 Peer Support Leaders who will accompany them on all activities. Throughout the camping programme, student’s spiritual understanding is challenged and encouraged to be Christ-centred.

Full details of the camp are enclosed with this letter. Medical forms for all students will be posted home this week. Student’s new to the School will receive a blank medical form while current students will receive a print out of the latest medical information held by the School to be updated as needed. The Medical Form and Parent Declaration Form should be completed and returned to the School by the Year 7 Orientation Day on Thursday 17 September, 2015. The Yellow Medication/Asthma Management Plan should be handed to the supervising teacher on the morning of departure from the School if needed.

If you have any further enquiries please do not hesitate to contact the Dean of Students, Mr Timothy Cartwright, at the School on 4629 6237. I am confident that your child will find this an exhilarating start to their secondary schooling at Macarthur.

Yours sincerely,

David Nockles
<table>
<thead>
<tr>
<th>Dates</th>
<th>Tuesday 2 February to Friday 5 February 2016</th>
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<tbody>
<tr>
<td>Leader</td>
<td>Mrs Annette Fitzgerald – Year 7 Co-ordinator</td>
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<tr>
<td>Time of departure</td>
<td>9.00am – Tuesday 2 February – at the School</td>
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<td></td>
<td>Parking and drop off areas will be clearly marked and staff will be available to direct you. These times may not coincide with current public transport schedules and also because of having to carry a bag, it is suggested that parents arrange to drive their child to the School. Students should arrive 30 minutes before departure time.</td>
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<tr>
<td>Return Time</td>
<td>3.30pm – Friday 5 February – to the School in Cobbitty</td>
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<tr>
<td>Location</td>
<td>The Active Education Campsite</td>
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<tr>
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<td>Nentoura Road</td>
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<td></td>
<td>Morisset NSW</td>
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<td>(The camp is located on Dora Creek near Morisset.)</td>
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<tr>
<td>Programme</td>
<td>* Supervised by staff of Macarthur Anglican School</td>
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<td></td>
<td>* Skills activities run by trained staff of Outdoor Education Experience, which operates the Active Education Campsite at Morisset.</td>
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<tr>
<td>What to wear and what to take</td>
<td>Casual clothing suitable for a camp – see also the enclosed Camp Equipment List</td>
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<tr>
<td>Activities</td>
<td>Abseiling, canoeing, swimming, giant swing, flying fox, bush skills, sailing, offsite outing. There will also be talks on Christian lifestyle.</td>
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<tr>
<td>Forms to be completed</td>
<td>Confidential Medical Information Form (Pink - Check both sides)</td>
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<td>Parent Declaration – Camps (Blue)</td>
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<td>Medication/Asthma Management Plan (Yellow) if applicable.</td>
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<tr>
<td>Return of Forms</td>
<td>Please return Pink and Blue forms when you attend the Year 7 Orientation Day on Thursday 17 September, 2015. If applicable, return the Yellow Medication/Asthma Management Plan to the supervising teacher on the morning of departure.</td>
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Year 7 Camp 2016
Programme Descriptors

Outlined below is a brief description of the activities Year 7 will undertake during their camp. The activities are planned in such a way so that students begin or further develop particular skills as they progress through the sequential programme for Years 3–12. There is no expectation, however, that new students entering the School in 2016 will have participated in an Outdoor Education Programme and activities are planned accordingly.

For each activity undertaken a member of staff from Macarthur will be present as the overall co-ordinator and supervisor. Appropriately qualified instructors, provided by Outdoor Education Experience, will undertake the instruction, safety briefing and specifics of the activities.

- **Abseiling**—students will be taught by a qualified instructor. Students will be taught belaying skills and will be fitted with a safety harness and helmet.

- **Challenge**—students will look at self-esteem issues such as coping with stress, handling peer pressure and self-concept through simulation games.

- **Bush skills**—students will be taught basic map work, safety and hygiene principles.

- **Initiative activities**—students will look at team building and responsible decision making by working at low level elements. They may also participate in a challenge course and look at the skills of falling and spotting.

- **Swimming**—Students will be able to swim on and off site. Qualified instructors and teachers will supervise students.

- **Giant Swing/Flying Fox**—Students are fitted with a safety harness and helmet. They are given the choice to swing like a pendulum or down a zip-line.

- **Canoeing**—qualified instructors will teach basic safety procedures and strokes with all students. All students will be fitted with a Personal Flotation Device.

- **Sailing**—qualified instructors will teach basic safety procedures and sailing skills with all students. They will then be given an opportunity to sail under staff supervision and direction. All students will be fitted with a Personal Flotation Device.
YEAR 7 CAMP 2016

The following list is the minimum equipment required for your camp. Please ensure that you are adequately prepared.

Be sure that your name is clearly marked on all items that you take with you.

☐ Bible (provided), Notebook, Pen
☐ Sun hat with brim
☐ Socks (5-6 pairs)
☐ Long pants (one pair)
☐ T-shirts with sleeves (4 or 5)
☐ Long-sleeved shirt (1)
☐ Shorts (3 pairs)
☐ Underwear
☐ Sloppy joe
☐ Swimwear - must include a rash-vest or swimming shirt
☐ Sleeping bag
☐ Liner for sleeping bag or sheet
☐ Pillow
☐ Sleepwear
☐ Sunscreen SPF30+
☐ Water bottle (1 litre MINIMUM size)
☐ Daypack (similar to the one used for school)
☐ Walking Shoes (comfortable and worn in)
☐ Sandshoes (an old pair that can get wet and perhaps thrown away)
☐ Torch and spare batteries (not too big, but tough)
☐ Track pants
☐ Personal toiletries (including insect repellant)
☐ Towels (2), one large for use in camp, one for pool
☐ Waterproof jacket
☐ Garbage bags for dirty clothes
☐ Personal medicines (eg. Ventolin)
☐ An old set of clothes that could be thrown away

Please Note: Students must NOT bring singlet tops. Only T-shirts with sleeves are acceptable because of the risk of sunburn.
YEAR 7 CAMP 2016

PARENT DECLARATION

MEDICAL ASSISTANCE

In the event of injury or illness, I acknowledge that Macarthur Anglican School will endeavour to contact me on the telephone number/s provided on the Confidential Medical Information sheet. In the event of a medical emergency, I authorise Macarthur Anglican School to obtain all necessary medical assistance, including ambulance transport and hospital accommodation, and I agree to pay for all related fees and expenses.

I also undertake to inform Macarthur Anglican School in a timely fashion prior to commencement of the camp of any medical or other condition which would affect the student’s full participation in the activities on this camp.

RISK WARNING

I understand that the camp and associated activities organised by Macarthur Anglican School will include those specifically listed on the attached programme, and that some of these activities are of their nature inherently dangerous.

I permit my son/daughter to participate in the camp and associated activities provided to the extent I have indicated he/she is able, and on behalf of the student, in signing this declaration I acknowledge that the paragraph above constitutes a risk warning under the terms of the Civil Liability Act 2002 (New South Wales), and I hereby release Macarthur Anglican School, its officers, employees and volunteers from liability to the extent permitted under the terms of that Act.

RULES

I on behalf of (student name) ______________________________________, agree to abide by all the School rules as they apply to camp. I on my own behalf and on behalf of the student named above accept all the terms and conditions set out and referred to here.

Signed ____________________________ Date __________

Parent/Guardian ____________________________ (name - please print)
WATER BASED ACTIVITY

YEAR 7 CAMP 2016

PLEASE COMPLETE IN FULL

Parent permission is required for students to swim at any water based activity associated with the school. Therefore it is important for parents to verify your child’s swimming ability. Your child will not be permitted to take part in a water based activity until a signature is linked to the appropriate level of ability.

I give permission for ___________________________ of Year ___ to participate in water based activities during the School Camp on Tuesday 2 February to Friday 5 February. I have discussed with my son/daughter the responsible behaviour expected of him/her during this type of activity.

SWIMMING ABILITY: Please sign beside your son or daughter’s swimming ability. All information will be kept confidential.

My son/daughter is a

Confident Swimmer – can swim 50m or more unaided

Fair Swimmer - Swims 25m unaided

Non-swimmer

Parent Signature

Signed: ___________________________ Date: ___________________________

Parent/Guardian
STUDENT MEDICATION/ASTHMA MANAGEMENT PLAN FOR OVERNIGHT PROGRAMMES

NAME OF STUDENT ___________________________ YEAR/CLASS ______

The following information is required for overnight excursions only if applicable.

If applicable this form along with any medication your child is required to have during this period of time should be handed directly to the teacher on the morning of the excursion/camp.

Medication should be in the original packaging for it to be administered to your child.

ASTHMA MEDICATION AND INFORMATION

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<tr>
<th>Medication Name</th>
<th>Dosage Amount</th>
<th>Time and Frequency</th>
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It is advisable to provide an Asthma Action Plan with your child’s medication.

Known Trigger Factors (please indicate any of the following)

- [ ] exercise
- [ ] allergens (eg. moulds, dust, pollens, grasses)
- [ ] drugs
- [ ] foods
- [ ] dust of any sort in sufficient quantities
- [ ] sudden changes in temperature
- [ ] contact with animals
- [ ] air pollutants
- [ ] respiratory infections

Please provide any additional **information which may** be useful in providing medical assistance.

OTHER MEDICATIONS

Please list any other medication/s which may be required to be administered to your child for the duration of the Programme.

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I authorise and direct Macarthur Anglican School to administer the above medication/s to my child during the Programme whilst my child is under the care and control of the School.

Signature/s: _______________________________ Date: ____________