



MACARTHUR ANGLICAN SCHOOL

Established traditions, proven success!

OUTDOOR EDUCATION PROGRAMME



YEAR 5 CAMP 2017

Information Booklet for

Parents and Students



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November 2016

From the Dean of Students

I am writing to inform you of the continuing Outdoor Education Programme for your son/daughter at Macarthur Anglican School. The Outdoor Education programme is integral to the curriculum and as such cannot be considered an optional extra. Each camp seeks to give students an opportunity to experience a temporary community where they can learn to co-exist and develop an ongoing relationship with each other in their peer group and with their teachers in a Christian context. It also allows them to face challenges they would not otherwise have and grow as individuals as a result.

Through participation in the Outdoor Education Programme students will be given an opportunity to develop and refine their skills in a wide range of activities. Such activities include Bush Skills, Bush Walking, Challenge Course, Canoeing, Swimming, Marine Studies, Abseiling and Archery. The Outdoor Education Programme rewards students who achieve across a number of outcomes and therefore become eligible to receive an award, beginning with the Camp Participation Award and culminating in The Macarthur Award of Outdoor Education in Year 12.

The Year 5 Camp will be held from Wednesday 1 March 2017 to Friday 3 March 2017 and is based at Anglican Youthworks at Deer Park on the beautiful shores of the Port Hacking River adjoining the Royal National Park. Further details about the programme can be found on the next page.

Further information regarding the aims and objectives of Macarthur's Outdoor Education Programme can be found in the Student Diary. Please discuss the responsible behaviour expected during the camp with your child and the understanding also that any unreasonable damage to camp property will need to be paid for.

Please note a list of activities that each child will be taking part in during the Year 5 Programme and an equipment list is enclosed in this booklet.

Timothy Cartwright
Dean of Students

Year 5 Camp 2017

Programme Descriptors

Outlined below is a brief description of the activities Year 5 may 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.

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 Youthworks, will undertake the instruction, safety briefing and specifics of the activities.

- **Abseiling** – all students will be fitted with a safety helmet and harness. They will then have the opportunity to develop climbing and belaying skills on a short rope set-up with the help of qualified instructors.
- **Challenge course** – students will experience simple group initiative activities and games, which will help them overcome fears of new challenges.
- **Bush skills** – Instructors will take the students through skills such as bush safety, simple bush cooking and understanding the bush environment.
- **Archery** – qualified instructors will look at basic safety and allow students the opportunity to shoot at targets.
- **Initiative activities** – students will take part in low-level activities that involve simple trust initiatives and safety spotting.
- **Swimming** – Students will be able to swim on site and make use of the Giant Water Slide. Qualified instructors and teachers will supervise students.
- **Canoeing** – students will be fitted with a personal floatation device and be introduced to basic management of the canoes, etiquette and solving elementary problems. Canoes will be used in the closed pool area for Year 5.
- **Marine study** – students will take part in a Mangrove Walk and will investigate mud environments and mangrove species through exploration and instructor teaching.
- **Outdoor Evening Activities** – students will take part in instructor-led night hike and campfire activities.

Year 5 Outdoor Education Programme 2017 Details

Dates	Wednesday 1 March to Friday 3 March 2017
Contact	Head of Middle School
Time of Departure	<p>8.30am - Wednesday 1 March – at the School</p> <p>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 it is suggested that parents arrange to drive their child(ren) to the School.</p> <p>Students should arrive 30 minutes before departure time.</p>
Return Time	3.00pm – Friday 3 March – to the School
Location	<p>Deer Park</p> <p>Port Hacking Conference Centre</p> <p>Warumbul Road, Royal National Park</p>
Programme	<ul style="list-style-type: none"> • Supervised by staff of Macarthur Anglican School • Skills activities run by trained staff of Youthworks, which operate Chaldercot.
What to wear and what to take	Casual clothing suitable for a camp – see also the enclosed Camp Equipment List
Activities	<p>For more details see the attached activities descriptors</p> <p>For further detail, see the Anglican Youthworks website: www.youthworks.net</p>
<p>Forms to be completed</p> <p><i>* Will be mailed home</i></p>	<ol style="list-style-type: none"> 1. Confidential Medical Information Form (Pink - Check both sides) * 2. Parent Declaration – online ParentPaperwork <p>If medication is to be administered on camp - Medication/Asthma Management Plan (Yellow) is to be downloaded from the Macarthur Website (Parents/Camps) and returned on the day of departure only.</p>
Return of Forms	Please return Pink medical form to Student Reception in the Administration Centre by Friday 25 November 2016.

Year 5 Camp 2017 – Equipment List

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, 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
- Polar fleece top
- 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 repellent)
- Towels (2), one large for use in camp, one for pool
- Waterproof jacket
- Garbage bags for dirty clothes
- Personal medicines (eg. Ventolin)

Please Note:

Students must NOT bring singlet tops.

Only T-shirts with sleeves are acceptable because of the risk of sunburn.