



MACARTHUR ANGLICAN SCHOOL
Established traditions, proven success!

OUTDOOR EDUCATION PROGRAMME



YEARS 3-4 CAMP 2017

**Information Booklet for
Parents and Students**



MACARTHUR ANGLICAN SCHOOL

Established traditions, proven success!

November 2016

From the Headmaster

Junior School Camps will soon be upon us. At Macarthur we have a carefully planned, broad but focussed curriculum, an integral part being Outdoor Education.

The Outdoor Education Programme, co-ordinated for students in Year 3 to Year 6 by Mr Timothy Cartwright, is part of a sequential programme from Year 3 to Year 12. Part of this programme includes overnight stays and camping.

Our camps are at sites specifically established to give school children an outdoor experience. They have full and expert supervision from their own staff, augmented by Macarthur teachers. The programme for this camp will include bush skills, swimming, bushwalking, climbing, archery, rafting, initiative games and environmental studies. You will find enclosed a more detailed list of activities in which your child will be involved. 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.

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 camp activities for Years 3 and 4, which begin on Wednesday 1 March 2017 and conclude on Friday 3 March 2017 will be conducted by the Summit - Crusaders at Galston Gorge Conference Centre. Students will need to be at school at 8.15am on Wednesday and will return to school by 3.30pm on Friday.

I do not doubt that your child will have a rewarding time away with their school friends. I should mention that each year a few parents seek to 'protect' their child by finding excuses as to why he or she should not attend. Please refrain from doing this. The Outdoor Education Programme is not an optional extra at Macarthur, but rather a full part of the educational experience we offer, as was explained at the time of your enrolment interview.

Full details of the camp, including the equipment list can be found in this booklet. The *Medical Form* which has been posted is to be completed and returned to Student Reception in the Administration Centre by Friday 25 November 2016. The *Parent Declaration Form* should be completed via ParentPaperwork online.

A camp information session will be held on Thursday 16 February as part of the Year 3 and 4 'Meet the Teacher Evening'. During this time an opportunity for questions concerning details of the camping programme will be offered. Should you require further information before this evening, please contact Mr Cartwright on 4629 6237.

Dr David Nockles
Headmaster

Years 3-4 Camp 2017

Programme Descriptors

Outlined below is a brief description of the activities Years 3 and 4 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 Crusaders – Galston Gorge, will undertake the instruction, safety briefing and specifics of the activities.

- **Bush Skills** – Instructors will take the students through skills such as bush safety, simple bush cooking and understanding the bush environment.
- **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 in a pool. Qualified instructors and teachers will supervise students.
- **Bushwalking** – Students will take part in a walk around the Galston Gorge Conference Centre and into the adjoining area.
- **Environmental Studies (Year 4 Only)** – Students will be instructed on the impact that humans and development have on the bush environment.
- **Climbing (Year 3 Only)** – students are introduced to harness activities by being challenged to complete a simple climb up a pole.
- **Archery (Year 3 Only)** – students learn how to fire arrows at our archery range.
- **Indoor Rock climbing (Year 4 Only)** – students are challenged to climb to the top of our 8m artificial wall.
- **Rafting (Year 4 Only)** – students work in teams to construct and float on rafts.
- **Mini-Olympics** – Students groups compete in a series of mini-Olympic events.

Years 3-4 Outdoor Education Programme 2017 Details

Dates	Wednesday 1 March to Friday 3 March 2017
Contact	Head of Junior School
Time of Departure	<p>9.00am - 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	3.30pm – Friday 3 March – to the School
Location	Galston Gorge Conference Centre, 8 Crusader Road, Galston
Programme	<ul style="list-style-type: none"> • Supervised by staff of Macarthur Anglican School • Skills activities run by trained staff of Summit-Crusaders, which operates the Galston Gorge campsite.
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 Crusaders website: www.crusaders.edu.au</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 .

Years 3-4 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 (3-4 pairs)
- Long pants (one pair)
- T-shirts with sleeves (3 or 4)
- Long-sleeved shirt (1 or 2)
- 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 (that is refillable)
- 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)
- Track pants
- Personal toiletries (including insect repellent)
- Towels (2), one for showering, 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.