



MACARTHUR ANGLICAN SCHOOL

Established traditions, proven success!

OUTDOOR EDUCATION PROGRAMME



YEAR 10 CAMP 2017

**Information Booklet for
Parents and Students**



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11 October 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 Group Skills, Bush Walking, Navigation, Canoeing, Abseiling and Rock Climbing. 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.

The Year 10 Camp will be held from Monday 30 January 2017 to Friday 3 February 2017 and is based at Bungarra Alpine Centre, which is situated near Jindabyne in the Snowy Mountains. Further details about the programme can be found on the next page.

Your child's outdoor experience will include a one-day return hike to the summit of Mount Kosciusko, a half day of river sledding on the Snowy River, abseiling at the Jindabyne Dam wall, and a day of mountain bike riding. Each student will need to carry some essential items and should bring their own day pack and several strong plastic bags.

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 10 Programme and an equipment list are provided in this booklet.

Timothy Cartwright
Dean of Students

Year 10 Camp 2017

Programme Descriptors

Outlined below is a brief description of the activities Year 10 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 2017 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 Action Learning Initiatives, will undertake the instruction, safety briefing and specifics of the activities.

- **Abseiling** – students will be taught by a qualified instructor to a maximum of 20 metres. Students will also review and use belaying skills and will be fitted with a safety harness and helmet.
- **Bush skills** –Particular focus will be upon protection from both fire and harsh weather. Students will then plan for a maximum 20km expedition.
- **Summit walk** – students will participate in a 20km hike to the peak of Mt Kosciusko and then take the Thredbo chair-lift down to the base.
- **Sledding** – qualified instructors will revise basic safety procedures and strokes with all students. They will then participate in white-water sledding in water with a maximum of Grade 3. All students will be fitted with a Personal Flotation Device and helmet.
- **Mountain biking** – Students will be instructed in the need to care for the environment and the safety precautions needed in this activity. Helmets, gloves, elbow and knee pads, are supplied and it is mandatory that they be worn during the activity.
- **Initiatives** – Students will work together in teams to solve a variety of issues including craft building and teamwork. This will involve swimming in Lake Jindabyne and the students will be required to wear a Personal Flotation Device.

Year 10 Outdoor Education Programme 2017 Details

Dates	Monday 30 January to Friday 3 February 2017
Leader	Mrs Nadine James
Time of Departure	<p>7.00am – Monday 30 January – 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. Students should arrive 30 minutes before departure time. Note: Students require their own money for lunch.</p>
Return Time	6.00pm – Friday 3 February
Location	Bungarra Alpine Centre, Barry Way, Jindabyne
Programme	<ul style="list-style-type: none"> • Supervised by staff of Macarthur Anglican School • Skills activities run by trained staff from Action Learning Initiatives, which operates the Bungarra Alpine Centre.
What to wear and what to take	Casual clothing suitable for a camp – see also the enclosed Camp Equipment List
Activities	<p>Abseiling, Rock climbing, Sledding, Swimming, Bushwalking, Mountain Biking, Initiatives and Camp Out</p> <p>For more details, see The Action Learning Website: www.action-learning.com.au (User name: mas student, Password: ali121)</p>
<p>Forms to be completed</p> <p><i>* Will be mailed home</i></p>	<p>1. Confidential Medical Information Form (<i>Pink - Check both sides</i>) *, ALI Photo permission</p> <p>2. Parent Declaration – online parentpaperwork</p> <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 and given to the supervising teacher on the morning of departure.</p>
Return of Forms	Please return Pink form and Photo permission to the Administration Centre and online Declaration by Friday 4 November 2016.

Year 10 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
- Sun hat with brim
- Socks (5-6 pairs)
- Long pants (two pairs)
- T-shirts with sleeves (4 or 5)
- Long-sleeved shirt (2)
- Shorts (3 pairs)
- Underwear
- 2 warm tops – must be polar fleeced or wool (not cotton)
- Swimwear - must include a rash-vest or swimming shirt
- Sleeping bag
- Liner for sleeping bag or sheet
- Pillow
- Sleepwear
- Sunscreen SPF30+
- 2 Water bottles (1 litre **MINIMUM** size each)
- Daypack (similar to the one used for school)
- Walking shoes (comfortable and worn in)
- Sandshoes for all other activities
- Water shoes (an old pair of sandshoes 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 water activities
- Waterproof jacket with a hood
- Garbage bags for dirty clothes
- Personal medicines (eg. Ventolin)
- Mess Kit (Knife, Fork, Spoon, Plate, Bowl, Mug in a separate bag)
- Beanie and gloves
- Thermals – pants and long sleeve top (wool or polypropylene, not cotton)
- Sunglasses

Please Note:

Students must NOT bring singlet tops. Only T-shirts with sleeves are acceptable because of the risk of sunburn. Do not bring cotton clothing, short shorts, hoodies or mobile phones. The weather in the Snowy Mountains can change rapidly, it may be very cold and it could even snow or it may be very warm, students are required to bring suitable clothing for this environment.



PERMISSION TO USE PHOTOS

During our programs staff will occasionally take photos or video recordings of students whilst they are mastering the mountain bikes, carving up the water in their canoes, taking on the overhang whilst abseiling or hiking to Mt Kosciuszko - the top of Australia!

These photos and recordings are occasionally used in promotional material for prospective customers and of course as memory for us of the fun and adventures had on programs.

We would like the school to insert the information contained in the box below into their permission note for their ALI camp (just select the box and copy and paste). This will enable parents of your students to give their consent.

I agree to allow Action Learning Initiatives to use my child/s name and any photographs or video recordings taken of my child during their program for use in promotional photograph collections/recordings occasionally distributed to both current and future clients.

Full name of parent or guardian

Signature

Date