



# MACARTHUR ANGLICAN SCHOOL

*Established traditions, proven success!*

## OUTDOOR EDUCATION PROGRAMME



**YEAR 11 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, Kayaking, Navigation, Surfing and Snorkelling. 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 11 Camp will be held from Monday 30 January 2017 to Friday 3 February 2017 and is based at Burrill Pines, Lagoon Point Conference Centre, which is situated in Burrill Lake on the South Coast. Further details about the programme can be found on the next page.

Your child's outdoor experience will include community service activities. The community service component of the camp will be conducted in collaboration with St Martin's Anglican Church and Bush Care.

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

Timothy Cartwright  
Dean of Students

## Year 11 Camp 2017

### Programme Descriptors

Outlined below is a brief description of the activities Year 11 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 Anglican Youthworks, will undertake the instruction, safety briefing and specifics of the activities.

- **Surfing** – a qualified instructor will teach all students the basic principles and safety procedures of surfing.
- **Kayaking** – qualified instructors will revise basic safety procedures and strokes with all students. This will include teaching students a variety of rescue techniques. All students will be fitted with a Personal Flotation Device.
- **Challenge** – students will look at self-esteem issues such as coping with stress and handling peer pressure. This will contribute to the learning of personal character attributes such as leadership, communication and expression of feelings.
- **Navigation** – students will revise basic map reading skills, compass work and the operation of a GPS. They will also be taught finer points such as contour map reading.
- **Snorkelling** – students will be taught by a qualified instructor during snorkelling sessions while at camp.
- **Community Service** – during camp all students will take part in a variety of community service projects. The community service activities completed at camp will contribute 20 hours needed of the 30 hours total to be completed by each student as required by the school.

## Year 11 Outdoor Education Programme 2017 Details

<b>Dates</b>	<b>Monday 30 January to Friday 3 February 2017</b>
<b>Leader</b>	Mr David Hayman
<b>Time of Departure</b>	<p><b>9.00am – Monday 30 January – at the School</b></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.</p>
<b>Return Time</b>	<b>4.00pm – Friday 3 February– to the School</b>
<b>Location</b>	<p>Burrill Pines, Lagoon Point Conference Centre.</p> <p>The Lagoon Point Conference Centre is located at Princes Highway</p> <p>Burrill Lake NSW 2539</p>
<b>Programme</b>	<ul style="list-style-type: none"> <li>• Supervised by staff of Macarthur Anglican School</li> <li>• Skills activities organised by Anglican Youthworks, using trained staff of external providers.</li> </ul>
<b>What to wear and what to take</b>	Casual clothing suitable for a camp – see also the enclosed Camp Equipment List
<b>Activities</b>	Geocaching, Kayaking, Surfing lessons, Snorkelling, Beach games, Movies and Community Service projects
<p><b>Forms to be completed</b></p> <p><i>* Will be mailed home</i></p>	<ol style="list-style-type: none"> <li>1. Confidential Medical Information Form (<i>Pink - Check both sides</i>) *</li> <li>2. Parent Declaration – online parentpaperwork</li> <li>3. Outside Provider forms</li> </ol> <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>
<b>Return of Forms</b>	Please return Pink form to the Administration Centre and online Declaration by <b>Friday 4 November 2016.</b>

## Year11 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 (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
- 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.**

# WALKING ON WATER & ULLADULLA SURF SCHOOLS

## ACTIVITY WAIVER FORM

Please read this document carefully. If you agree with its content, sign & date it below. Participation in any sport with Walking On Water / Ulladulla Surf Schools is prohibited without the signing of this form.

We are thankful for our twenty-six year safety record with no serious accidents, injuries or breakages! We do take safety very seriously, and have precautions in place to keep our clients as safe as possible. This said, please understand that participation in any sport involves an element of risk. This includes risk of injury, (physical / mental) and of course, risk of death.

Walking On Water & Ulladulla Surf Schools staff are qualified in the sports they are coaching, and take necessary safety precautions. However, there is still an element of risk to yourself, or those on whose behalf you are signing.

Our staff are qualified with governing bodies such as the Australian Water Ski & Wakeboard Federation, Surfing Australia and Paddle NSW etc etc.

Along with our qualifications, our staff have current first aid certificates and are all registered APOLA ocean safety surf coaches.

This stated, please understand there are risks involved within the sport that you, (or those you are signing for), are participating.

If you agree to sign this document you are stating that you will in no way hold any Walking On Water / Ulladulla Surf School staff, or the company, responsible / liable, for any accident or injury to yourself or those on whose behalf you are signing.

If you require further information about this form, please contact us on the number below. We will be happy to help.

We may take action photographs of your activity with your consent. Please put a circle around the correct statement:

Yes I agree to have photographs taken.

No I do not agree to have photographs taken.

Please sign the document if you agree with the above and wish to participate. If under 18, ask a parent or guardian to sign.

**Participant's Name**..... **Address** .....

.....**Emergency telephone** .....

**Medical conditions or medication?**.....**Date** .....

**Signature**.....**Parent / Guardian signature**.....