



MACARTHUR ANGLICAN SCHOOL

Established traditions, proven success!

OUTDOOR EDUCATION PROGRAMME



YEAR 12 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 beach swimming, ocean rescue and awareness, go-karting, water-slides, sea-kayaking and Surfing and white water rafting. 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 12 Camp will be held from Monday 30 January 2017 to Friday 3 February 2017 and is based at The Centre, Bonville, which is situated near Coffs Harbour. Further details about the programme can be found on the next page.

Your child's outdoor experience will include a variety of water-based activities including surf-rafting and snorkelling. 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 12 Programme and an equipment list, are provided in this booklet.

Timothy Cartwright
Dean of Students

Year 12 Camp 2017

Programme Descriptors

Outlined below is a brief description of the activities Year 12 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.

- **Beach Swimming** – Students will be given an opportunity to swim at a patrolled beach. This activity will be undertaken only if conditions allow and appropriate surf patrols are available.
- **Beach Walk** – Students will participate in a beach walk from Park Beach to Digger's Beach.
- **Ocean Rescue and Awareness** – Students will participate in a 1 hour session to develop an awareness of the dangers of the surf.
- **Raleigh Raceway** – Students will travel to Raleigh Raceway for a Go-Kart Session. Students will be appropriately trained and wear appropriate protective gear including helmets.
- **Raleigh Water Park** – Students will be given an opportunity to ride the water slides and swim at the Raleigh Water Park.
- **Sea-Kayaking** – Students will be appropriately trained and participate in a 1 hour Sea-Kayaking Session. All students will wear PFD's and be under the guidance of qualified guides.
- **Snorkelling** – Students will be appropriately trained and have an opportunity to snorkel under the direction of appropriately qualified guides.
- **Surfing** - Students will be appropriately trained and participate in a 1 hour Surfing Session. This session will be under the guidance of qualified guides.
- **Surf-Rafting** - Students will be appropriately trained and participate in a 1 hour Surf-Rafting Session. This activity is like White Water Rafting in the Surf. All students will wear PFD's and be under the guidance of qualified guides.
- **White Water Rafting** – Students will travel to the Nymboida River for a full day activity of White-Water Rafting. Instructors will appropriately train students and the rapids will be

mainly grade 3 and 4. In times of high waters a couple of grade 5's. All students will wear helmets and PFD's and raft with qualified guides.

Year 12 Outdoor Education Programme 2017 Details

Dates	Monday 30 January to Friday 3 February 2017
Leader	Mr Scott Beddingfield
Time of Departure	<p>6.30am – 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.</p>
Return Time	5.00pm – Friday 3 February
Location	The Centre 226 Bonville Station Road, Bonville, NSW 2441
Programme	<ul style="list-style-type: none"> • Supervised by staff of Macarthur Anglican School • Skills activities run by trained staff of outside providers.
What to wear and what to take	Casual clothing suitable for a camp – see also the enclosed Camp Equipment List
Activities	<p>Surfing, Snorkelling, White-Water Rafting, Water-Slide, Sea-Kayaking, Go-Karting</p> <p>For more details, see The Centre: www.coffscentre.org.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 (<i>Pink - Check both sides</i>)* 2. Parent Declaration – Online parentpaperwork 3. Snorkel Charter Form <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 form, Snorkel permission to the Administration Centre and online Declaration by Friday 4 November 2016.

Year 12 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
- Waterproof 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)
- 1 set of old clothes that can be thrown away

Please Note:

Students must NOT bring singlet tops.

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