



MACARTHUR ANGLICAN SCHOOL

Established traditions, proven success!

OUTDOOR EDUCATION PROGRAMME



YEAR 8 CAMP 2017

**Information Booklet for
Parents and Students**



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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 8 Camp will be held from Monday 30 January 2017 to Friday 3 February 2017 at Vision Valley, Arcadia. 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 8 Programme and an equipment list are provided in this booklet.

Timothy Cartwright
Dean of Students

Year 8 Camp 2017

Programme Descriptors

Outlined below is a brief description of the activities Year 8 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 Wesley Vision Valley, will undertake the instruction, safety briefing and specifics of the activities.

- **Bush Skills** – students will review basic map and compass work and revise First Aid treatment for snake and spider bite.
- **Overnight Experience** – students will be taught basic trip preparation, camp hygiene and First Aid, then participate in an overnight experience; this will involve camping in tents for one night.
- **Challenge** – students will look at self-esteem issues, coping with stress, handling peer pressure through simulation games.
- **Orienteering** – instructors will revise basic map reading skills and introduce compass work. Students will then participate in a marked bush course.
- **Swimming** – Students will be able to swim at a local pool. Qualified instructors and teachers will supervise students.
- **Abseiling / Rock Climbing** – Students will be taken off-site to experience rock climbing and abseiling in the natural environment up to 15 metres. They will be taught by a qualified instructor and will be fitted with a safety harness and helmet.
- **Canoeing** – qualified instructors will teach basic safety procedures and strokes with all students. All students will be fitted with a Personal Flotation Device.
- **Initiative activities** – students will look at team building and responsible decision-making by working at low elements. They will also participate in a low ropes course and look at the skills of controlled falling and spotting.
- **Bushwalking** – Students will take part in a bushwalk to and from the overnight experience.

Year 8 Outdoor Education Programme 2017 Details

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| Dates | Monday 30 January to Friday 3 February 2017 |
| Leader | Mrs Venessa Allen |
| Time of Departure | <p>8.00am - 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.</p> <p>Students should arrive 30 minutes before departure time.</p> |
| Return Time | 4.30pm – Friday 3 February – to the School |
| Location | Wesley Vision Valley, Vision Valley Road, Arcadia NSW 2159 |
| Programme | <ul style="list-style-type: none"> • Supervised by staff of Macarthur Anglican School • Skills activities run by trained staff of Wesley Vision Valley, which operates the centre. |
| What to wear and what to take | Casual clothing suitable for a camp – see also the enclosed Camp Equipment List. |
| Activities | Abseiling, Canoeing, Swimming, Bushwalking, Caving, Rogaining and Challenge Course. For more details, see Wesley Vision Valley Road, Arcadia NSW 2159. |
| Forms to be completed <i>* Will be mailed home</i> | <p>1. Confidential Medical Information Form (Pink - Check both sides) *</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.</p> |
| Return of Forms | Please return Pink form to the Administration Centre and online Declaration by Friday 4 November 2016. |

Year 8 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
- 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.