



MACARTHUR ANGLICAN SCHOOL
Established traditions, proven success!

OUTDOOR EDUCATION PROGRAMME



YEAR 9 CAMP 2017

**Information Booklet for
Parents and Students**



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26 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 9 Camp will be held from Monday 30 January 2017 to Friday 3 February 2017 and is based at Broken Bay Sport and Recreation Centre, which is situated on the Hawkesbury River in Brooklyn. Further details about the programme can be found on the next page.

Your child's outdoor experience will include an overnight trip. Each student will need to carry some essential items and if your child has their own bush walking pack, they should bring it along with several strong plastic bags. As a component of the Year 9 Camp those students who have elected to take part in The Duke of Edinburgh's Award Scheme will be completing their practice expedition in the adjoining Royal National Park. Students who are interested in this have been given a separate information letter.

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 9 Programme and an equipment list is enclosed with this letter.

Timothy Cartwright
Dean of Students

Year 9 Camp 2017

Programme Descriptors

Outlined below is a brief description of the activities Year 9 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 NSW Government Office of Sport and Recreation, will undertake the instruction, safety briefing and specifics of the activities.

- **Abseiling** – students will be taught by a qualified instructor to a maximum of 15 metres. Students will also review and use belaying skills and will be fitted with a safety harness and helmet.
- **Bush skills** – students will review basic map and compass work and revise First Aid treatment for snake and spider bite. They will also be taught the skills of packing an overnight expedition pack.
- **Overnight trip** – students will have a one-night sleep out and be taught basic trip preparation and how to interpret weather factors. They will use previously learnt expedition skills to pack their own gear for the trip. The trip undertaken may include a supervised canoe trip. Duke of Edinburgh participants will be involved in a longer overnight expedition.
- **Challenge** – students will look at self-esteem issues as coping with stress, handling peer pressure and self concept through simulation games and high group elements.
- **Orienteering** – instructors will revise basic map reading skills and compass work. They will also be taught finer points such as pacing and contour map reading.
- **Climbing** – students will review how to wear a harness and how to belay. They will then take part in an indoor wall climb.
- **Canoeing** – qualified instructors will revise basic safety procedures and strokes with all students. All students will be fitted with a personal Flotation Device.
- **Other activities** – Other activities including waterslide, swimming and archery may be undertaken, depending upon options chosen.

Year 9 Outdoor Education Programme 2017 Details

Dates	Monday 30 January to Friday 3 February 2017
Leader	Mr Timothy Clarke
Time of Departure	<p>8.30am - 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.</p> <p>Students should arrive 30 minutes before departure time.</p>
Return Time	3.40pm – Friday 3 February – to the School in Cobbitty
Location	Broken Bay Sport and Recreation Centre, Hawkesbury River, NSW 2083
Programme	<ul style="list-style-type: none"> • Supervised by staff of Macarthur Anglican School • Skills activities run by trained staff of the Broken Bay Sport and Recreation 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, High Ropes, Waterslide and Camp Out. For more details, see Broken Bay Sport and Recreation Centre: https://sportandrecreation.nsw.gov.au/facilities/brokenbay
<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. State Sport and Recreation online form <p style="text-align: center;">https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform</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 to the Administration Centre and online Declaration by Friday 4 November 2016.

Year 9 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)
- Mess Kit (Knife, Fork, Spoon, Plate, Bowl, Mug)

Please Note:

Students must NOT bring singlet tops.

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



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Macarthur Anglican School is once again pleased to offer the Duke of Edinburgh's Award at the Bronze Level to students in 2017.

In 2017 the Duke of Edinburgh's Award at the Bronze level will be organised in conjunction with Year 9 Outdoor Education Camp by presenting students with the opportunity of completing their Practice Hike component while on the camp. The Test Hike will be completed separately to the Outdoor Education Programme at a weekend yet to be determined. As soon as dates are available, they will be communicated to the students.

The Duke of Edinburgh's Award provides students with the opportunity for personal development, to show initiative, self-motivation and leadership skills. All of these attributes are attractive to prospective employers.

The Award requires candidates to complete the necessary components in the following four areas: community service, expedition, skills and physical recreation. Most of the input at school will be in preparing the candidates for the expeditions. The candidates are expected to organise the other three areas themselves. The full requirements will be given to all prospective candidates at a later date.

Students will also be required to attend two afternoon training sessions in preparation for the Duke of Edinburgh's Qualifying Journey component of the Award. The dates for these sessions will be communicated to students in Spring Term. If you are unable to attend these sessions you will not be able to complete your Practice Hike while at camp.

The joining fee for 2017 first-time candidates will be \$165 (including GST). This fee will cover the cost of maps, insurance, necessary books and group equipment. This amount does not cover costs for personal items necessary for expeditions.

In giving permission for your child to be part of the Award and to be involved during the Year 9 Outdoor Education Camp, please make payment by using the Flexi-Schools payment system found at www.flexischools.com.au. Assistance in setting a Flexi-Schools account can be made by phoning Elizabeth Harris on 4629 6217 by Friday 11 November 2016.

Yours sincerely

Timothy Cartwright
Dean of Students