



Outdoor Education Programme

Year 4 Camp 2025

Information Booklet for
Parents and Students



Macarthur Anglican School

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From the Headmaster Dr D Nockles

Junior School Camps will soon be upon us. At Macarthur we have a carefully planned, broad but focused curriculum, an integral part being Outdoor Education.

The Outdoor Education Programme, co-ordinated for students in Years 3 to Year 6 by Mr Timothy Cartwright, is part of a sequential programme from Year 3 to Year 12.

Our camps are at sites specifically established to give school children an outdoor experience. They have full and expert supervision from their own staff, augmented by Macarthur teachers. Through participation in the Programme students will be given an opportunity to develop and refine their skills in a wide range of activities outlined in this booklet. While there is rigour in the programme, students are not expected to achieve beyond their ability, nor are they pushed to do so. However, students are given the skills and encouragement to meet challenges.

I do not doubt that your child will have a rewarding time away with their school friends. I should mention that each year, a few parents seek to 'protect' their child by finding excuses as to why he or she should not attend. Please refrain from doing this. The Outdoor Education Programme is not an optional extra at Macarthur, but rather a full part of the educational experience we offer, as was explained at the time of your enrolment interview.

Further details and an equipment list are provided in this booklet.

A camp information session will be held as part of the 'Meet the Teacher Evening' in the Summer Term. During this time an opportunity for questions concerning details of the camping programme will be offered. Should you require further information before this evening, please contact Mrs Stelzer on 4629 6239.

Year 4 Camp - Programme Descriptors

Outlined below is a brief description of the activities Year 4 may 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.

For each activity undertaken, a member of staff from Macarthur will be present as the overall coordinator and supervisor. Appropriately qualified instructors will undertake the instruction, safety briefing and specifics of the activities.

- **Low Ropes** – Students traverse through a series of low ropes assisting one another to reach the end.
- **Indoor High Ropes** – Students are challenged to climb to the top of our 8m artificial wall.
- **Rafting** – Students work in teams to construct and float on rafts. Students who cannot swim will participate in the land-based building activity but will not enter the water.
- **BMX** – Bike riding skills will be used on a contoured track with fun games for all levels.
- **Swimming** – Fair and confident swimmers will be able to swim on-site in a pool. Qualified instructors and teachers will supervise students. Non-swimmers will be unable to enter the pool area.

Year 4 Outdoor Education Programme Details

Dates	Wednesday 26 March to Friday 28 March 2025
Leaders	Mrs Estelle Stelzer estelzer@macarthur.nsw.edu.au Mrs Sarah Stewart sstewart@macarthur.nsw.edu.au
Departure time	<u>Students should arrive by 8.00am</u> - Wednesday 26 March – at the School Day 1: Students are required to bring their own recess & lunch. Bus to leave: 8.45am 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.
Return time	3.00pm – Friday 28 March – to the School
Location	Galston Gorge Conference Centre, 8 Crusader Road, Galston https://www.cru.edu.au/summit-educational-camps/camps/
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	For more details see the attached activities descriptors. There will also be talks on Christian Lifestyle.
Response and online form to be completed: <i>no later than Friday, 28 February</i> Medication	<p>1. Event in your Parent Orbit app: response is required to this by clicking on the Events and Payments button no later than Friday, 28 February.</p> <p>2. Medical/Dietary/Swimming in your Parent Orbit app: click on the Medical button and update or complete Dietary/Swimming/Medical no later than Friday, 28 February.</p> <p>All medication for the 3 days of Camp should be brought to School on Wednesday, 26 March. This will be collected by staff at the Kiss and Drop benches, individually named and bagged with a Medication/Asthma Management Plan signed by the parent.</p> <p>Medication/Asthma Management Plan - If applicable, the form is available in Parent Lounge, School Links, General Links; print, complete and hand in with medication in a sealed bag with the student's name on the front, to the supervising teacher on the morning of departure.</p> <p>Camp Forms » Macarthur Anglican School</p>
Please read the Overnight Excursions Guidelines included in this booklet, 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.	

Year 4 Camp – Equipment List

The following list is the minimum equipment required for your camp. Please ensure that you are adequately prepared.

Be sure that your child's name is clearly marked on **all** items that are taken.

- ☐ Bible, Notebook, Pen
- ☐ Sun hat with a brim
- ☐ Socks (x 3 or 4 pairs)
- ☐ Long pants, track pants (x 2)
- ☐ T-shirts with sleeves, no midriff (x 3 or 4)
- ☐ Long-sleeved shirt (x 1 or 2)
- ☐ Shorts, not short (x 3)
- ☐ Underwear (x 3 or 4)
- ☐ Polar fleece top
- ☐ Swimwear - must include a rash-vest or swimming shirt. *This activity is only for fair and confident swimmers as per the student Medical Information that you have provided and verified in Parent Lounge.*
- ☐ Sleepwear
- ☐ Sleeping bag
- ☐ Liner for sleeping bag or sheet
- ☐ Pillow and pillowcase
- ☐ Personal toiletries
- ☐ Towels (x 2), one for showering, one for pool
- ☐ Insect repellent
- ☐ Sunscreen SPF50+
- ☐ Water bottle (that is refillable)
- ☐ 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)
- ☐ Waterproof jacket/raincoat
- ☐ Garbage bags for dirty/wet 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.

Students are NOT permitted to bring devices, including: mobile phones, smart watches, iPads and the like.

Day 1: Students are required to bring their own recess & lunch.



Enter to Learn, Go out to Serve

Student Conduct: Overnight Excursions Guidelines (M)

Introduction

Tours/Camps conducted by the School provide an opportunity for students to represent the School to the wider community, and in the case of international tours the world. All tours/camps provide the opportunity to experience the wider world and other cultures in a safe and supervised manner.

Participation on school tours and camps is a privilege. Students participating in Tours are selected on the basis of their ability to represent the School in their chosen field and to behave in an appropriate manner so as to bring credit to themselves, their family and the School. Not all students who wish to participate in tours are permitted to attend. Very high expectations are placed on students as to their behaviour whilst on tour and the School expects students to act at all times in a manner consistent with the position of trust given to them in allowing them to participate in a tour. Students attending Camp are expected to behave within the same expectations when attending on school campus.

General

All students are expected to abide by all school rules. For example the normal rules regarding smoking, the consumption of alcohol, illegal drugs, bullying and harassment apply. While students are in school uniform or attending Camp, the rules covering the wearing of hair, makeup and jewellery apply. These Guidelines for student conduct should be read in conjunction with the School rules as set out in the School Diary.

Students that are involved in serious breaches of these guidelines should expect to be the subject of disciplinary action that is likely to lead to suspension of the student from school.

Serious breaches of the School rules or these Guidelines may result in the student being escorted home with the additional costs incurred payable by the parents.

Students are expected to follow the directions given to them by supervising teachers. This is essential for the success of the tour and the student's own safety.

It is expected that students will notify the supervising teachers immediately upon them becoming aware of any breaches of the School rules or these Guidelines.

Amorous behaviour between students is forbidden. Such behaviour is disruptive to the overall functioning of the tour party or Camp organisation.

Students are expected to behave in a manner that puts the interests and overall success of the tour/camp above their own personal interests.

Students will be required to respect the personal privacy and property of other students.

Students will be required to be on time on all occasions as required by the tour or camp leaders.

It is vital that students respect the customs, languages and beliefs of all peoples and show the appropriate respect and courtesy to all.

Students are not to borrow from or lend money to other students. Any matters concerning money should be discussed with the accompanying teachers.

Students shall not access or distribute via mobile phones, TV, the internet or print media any inappropriate or offensive material.

Sanctions and punishment for inappropriate student behaviour on tour may be delayed until a return to school to allow the smooth functioning of the tour/camp.

Accommodation

Students should inspect all accommodation for damage and broken equipment upon arrival and notify supervising staff of such damage.

Students should always attend toilet, showers and laundry facilities in pairs when these facilities are away from the sleeping areas.

Students should never visit any other room at any time without the express permission of a supervising teacher.

Students should never leave their room after lights out except in case of fire or other emergency.

Students should make themselves aware of the emergency evacuation procedures for the accommodation in which they are staying immediately upon arrival.

The last textual change to these guidelines was March 2022.