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# Outdoor Education Programme

## Years 5 and 6 Camp 2024

Information Booklet for  
Parents and Students



# Macarthur Anglican School

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1 February 2024

## 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 Programme students will be given an opportunity to develop and refine their skills in a wide range of activities outlined in this booklet.

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.

Full details including a list of activities that each child will be taking part in during the Years 5 and 6 Programme and an equipment list are provided in this booklet.

A camp information session will be held as part of the Years 5 and 6 'Meet the Teacher Evening' in early 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 Watkins on 4629 6239.

Timothy Cartwright  
Dean of Students

## Years 5 and 6 Camp Programme Descriptors

Outlined below is a brief description of the activities Years 5 and 6 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 co-ordinator and supervisor. Appropriately qualified instructors will undertake the instruction, safety briefing and specifics of the activities.

- **Archery** - Qualified instructors will look at basic safety and correct technique. Students will have the opportunity to shoot targets.
- **Tubes & Noodles** - Students interact as they complete challenges before them.
- **Initiative activities** - Students will take part in activities that involve simple trust initiatives and games which help them to overcome fears of new challenges.
- **Night Hike & Campfire** - Instructors and staff will join students as they adventure through the bush. Students will toast marshmallows over the campfire.
- **Dragon Boating** - Students journey in the boat and complete challenges on the river. All students will be fitted with water safety vests and complete the challenges under the guidance and supervision of qualified staff and teachers.
- **Waterslide** – Under the supervision of qualified instructors and teachers, students will make use of the Giant Water Slide.
- **Indoor Climbing** – All students will be fitted with a safety helmet and harness. They will then have the opportunity to develop climbing and belaying skills on a short rope set-up with the help of qualified instructors.
- **Orienteering** - Students will go on an adventure through the bush with instructors learning basic navigation skills.

## Years 5 and 6 Outdoor Education Programme Details

<b>Dates</b>	<b>Wednesday 28 February to Friday 1 March 2024</b>
<b>Leader</b>	Mrs Karen Williams <a href="mailto:kwilliams@macarthur.nsw.edu.au">kwilliams@macarthur.nsw.edu.au</a>
<b>Departure time</b>	<p><b><u>Students should arrive by 8.00am</u></b> - Wednesday 28 February – at the School</p> <p>Bus to leave: 8.30am</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>
<b>Return time</b>	<b>2.00pm – Friday 1 March</b> – to the School. <i>Please collect your child, rather than using buses</i>
<b>Location</b>	Youthworks Christian Outdoor Education, Rathane Road, Royal National Park <a href="#">Youthworks</a>
<b>Programme</b>	<ul style="list-style-type: none"> <li>• Supervised by staff of Macarthur Anglican School</li> <li>• Skills activities run by trained staff of outside 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>	For more details see the attached activities descriptors. There will also be talks on Christian Lifestyle.
<b>Response and online form to be completed:</b> <i>no later than Friday 9 February</i>  <b>Medication</b>	<p>1. Event in your Parent Orbit app: <b>response is required to this by clicking on the Events and Payments button, no later than Friday 9 February.</b></p> <p>2. Medical/Dietary/Swimming in your Parent Orbit app: <b>click on Medical button and update or complete Dietary/Swimming/Medical, no later than Friday 9 February.</b></p> <p>All medication for the 3 days of Camp should be brought to School on Wednesday 28 February. This will be collected by a staff member and should be named and bagged with a Medication/Asthma Management Plan signed by the parent.</p> <p>Medication/Asthma Management Plan - If applicable, form is available in Parent Lounge, School Links, General Links; print, complete and hand in with medication in a sealed bag with student name on front, to the supervising teacher <b>on the morning of departure.</b></p> <p><a href="#">Camp Forms » Macarthur Anglican School</a></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 5-6 Camp – Equipment List

**The following list is the minimum equipment required for your camp. Please ensure that your children are adequately prepared and they have all of the items listed below.**

Be sure that your name is clearly marked on **all** items that you take with you.

- ☐ Sun hat with brim
- ☐ T-shirts with covered shoulders - no midriffs
- ☐ Shorts - not too short, at least mid-thigh length
- ☐ Jumper / Jacket for warmth
- ☐ Long pants
- ☐ Waterproof jacket/raincoat - activities will go ahead in rain where it is safe
- ☐ Socks
- ☐ Underwear
- ☐ Pyjamas - sleepwear
- ☐ Towel for showering
- ☐ Swimwear - must include a rash-vest or swimming shirt
- ☐ Closed in, comfortable footwear
- ☐ Water bottle (that is refillable)
- ☐ Sleeping bag
- ☐ Bed sheet
- ☐ Pillow and pillow case
- ☐ Toiletries (soap, toothbrush, toothpaste, shampoo/conditioner)
- ☐ Insect repellent
- ☐ Sunscreen SPF50+
- ☐ Personal medicines (eg. Ventolin)
- ☐ Bible, Notebook, Pen
- ☐ Torch and spare batteries (not too big, but tough and check working)
- ☐ Garbage bags for dirty/wet clothes

**Please Note:**

**Students must NOT bring singlet tops.**

**Students are NOT permitted to wear thongs, only enclosed shoes.**

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



# 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.