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# Outdoor Education Programme

## Year 10 Camp 2024

Information Booklet for  
Parents and Students



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# Macarthur Anglican School

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## 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 outlined in this booklet. Each student will need to carry some essential items and should bring their own day pack and several strong plastic bags. Your child's outdoor experience will include an overnight trip. As a component of the Year 10 Camp those students who have elected to take part in The Duke of Edinburgh's International Award Scheme Australia, in Silver, will be completing their practice expedition. Silver applications need to be submitted and paid for by Friday 10 November.

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.

Full details including a list of activities that each child will be taking part in during the Year 10 Programme and an equipment list are provided in this booklet.

Timothy Cartwright  
Dean of Students

## Year 10 Camp Programme Descriptors

Outlined below is a brief description of the activities Year 10 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. There is no expectation that new students entering the School will have participated in a previous 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 will undertake the instruction, safety briefing and specifics of the activities.

- **Team Development** – Initiatives to develop self-awareness, strengthening communication within the team and working together for a common goal.
- **Mountain biking** - ½ day session. Helmets, gloves, elbow & knee pads are supplied along with an appropriately sized bike. Enclosed shoes are required. This is a ½ day activity at Bungarra’s MTB Park. Students are assessed according to ability and guided by specialist staff, learning new skills and navigating various terrain and trails to develop riding skills.
- **River sledding** - ½ day session on the Thredbo River. Each student is on a single lilo, supplied with a helmet, wetsuit, gloves, PFD and shin pads. Students supply their own lace up shoes and thermals (they will get wet).
- **Snowy Mountain Challenge** - fun and fast paced activity for the full year group onsite.
- **Overnight expedition** – Students will review basic map and compass work. They will also be taught finer points such as pacing and contour map reading. Students will have a two-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 hike is a 2-day expedition in Kosciuszko National Park. Students are supplied with over pants. The overnight activity for students registered and paid in Silver, will be classified as the practice journey for Silver Duke of Edinburgh.

*Note : Above are only some of the activities that may be used as part of the programme. Below are additional activities that may be included at this camp site:*

Abseiling & Rock Climbing	Camp Craft	Raft Building & Initiatives
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## Year 10 Outdoor Education Programme Details

<b>Dates</b>	<b>Monday 29 January to Friday 2 February 2024</b>
<b>Leader</b>	Mrs Karen Davies <a href="mailto:kdavies@macarthur.nsw.edu.au">kdavies@macarthur.nsw.edu.au</a>
<b>Departure time</b>	<p><b><u>Students must arrive by 7.30am</u></b> – Monday 29 January – at the School</p> <p><b>Day 1: Students require their own money for lunch.</b></p> <p>Bus to leave: 8.00am</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>4.30pm – Friday 2 February</b> – at the School
<b>Location</b>	<p>Bungarra Alpine Centre, Bungarra Lane, Jindabyne 2627</p> <p>For general camp details:  <a href="http://www.action-learning.com.au">www.action-learning.com.au</a> Client login - Username: <b>student general</b> Password: <b>ali997</b></p>
<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 from Action Learning Initiatives, which operates the Bungarra Alpine Centre.</li> </ul>
<b>What to wear and what to take</b>	Year 10 Camp - Equipment List, and ALI Student Gear & Equipment List on following pages. Students Notes from ALI are also following.
<b>Activities</b>	Refer to the Programme Descriptors page. There will also be talks on Christian Lifestyle.
<p><b>Response to be completed:</b></p> <p><i>due no later than Friday 3 November</i></p>	<p>Event in your Parent Orbit app: <b>response is required to this by clicking on the Events and Payments button, no later than Friday 3 November.</b></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>
<p>Please read the <a href="#">Overnight Excursions Guidelines</a> 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.</p>	

## Year 10 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 name is clearly marked on **all** items that you take with you.

- Sun hat with brim
- Socks (x 5 or 6)
- Long pants, track pants (x 2)
- T-shirts with sleeves, no midriff (x 4 or 5)
- Long-sleeved shirt (x 2)
- Shorts, not short (x 3)
- Underwear (x 5 or 6)
- Warm tops (x 2) must be polar-fleece or wool (not cotton)
- Swimwear - must include a rash-vest or swimming shirt
- Boardshorts
- Sleepwear
- Sleeping bag (must have)
- Sheet/s with blanket (if choose to bring)
- Pillow and pillow case
- Personal toiletries
- Towels (x 2), one large for use in camp, one for water activities
- Insect repellent
- Sunscreen SPF50+
- Water bottle (x 2) 1 litre **MINIMUM** size each
- Daypack (similar to the one used for school)
- Walking shoes (comfortable and worn in)
- Sandshoes for all other activities. No Thongs
- Water shoes (an old pair of sandshoes that can get wet and perhaps thrown away)
- Torch and spare batteries (not too big, but tough and check working)
- Waterproof jacket/raincoat with a hood
- Garbage bags for dirty/wet clothes (x 2)
- Personal medicines (eg. Ventolin)
- Mess Kit: knife, fork, spoon, plate, bowl, mug, and tea towel in a separate bag
- Beanie and gloves
- Thermals – pants and long sleeve top (wool or polypropylene, not cotton)
- Sunglasses

**Please Note: Students must NOT bring singlet tops. Only T-shirts with sleeves are acceptable because of the risk of sunburn. Do not bring short shorts or hoodies. The weather in the Snowy Mountains can change rapidly, it may be very cold and it could even snow or it may be very warm, students are required to bring suitable clothing for this environment.**

**Students are NOT permitted to bring devices, including: mobile phones, smart watches, ipads and the like.** Devices brought on camp will be collected by school staff and stored for the duration of the program then returned to students when they return.

**Day 1: Students require their own money for lunch.**



**Macarthur Anglican School Year 10 Snowy Mountains Program:  
Monday 29 January - Friday 2 February 2024**

**STUDENT GEAR & EQUIPMENT LIST:**

**Essential (each student MUST have the following):**

The following list is the equipment and clothing students must bring on the camp. Space is limited on vehicles, and it is required students bring all this equipment and clothing in a suitable bag or pack that they can carry:

- Lunch and snacks on day 1 (Monday)**
- 2 litre water bottle (suggestion; recycle plastic bottle from home)
- Towel
- Sleeping bag
- Pillowcase
- Personal toiletries gear
- Sun Hat AND beanie
- Sunscreen & lip balm
- Swimmers / board shorts & rashie
- 3 pairs of shoes:
  - 1 – For hiking (ie comfortable/adequate foot support)
  - 2 – For bike riding/abseiling and general camp wear
  - 3 – Old pair of running shoes/river booties for water based activities (they will get wet)
- Torch with spare set of batteries
- Rain jacket with hood that is windproof and waterproof
- Mess Kit - comprising of plate, bowl, mug, knife, fork, spoon, and tea towel. The kit is best in a cloth bag with a drawstring.
- Clothing: enough clothing suitable for spending 5 days on camp (for example: track pants / shorts / t-shirts / warm tops / socks / underwear / pyjamas) – Must have long pants for hike - not jeans.
- NOTE: Fleece or wool tops are best, no cotton jumpers if possible**
- 2 large plastic garbage bags
- Day pack – medium to large size with 2 shoulder straps for hike
- Gloves
- Sunglasses
- Set of thermals top & bottom– polypropylene or wool are best
- Personal medication

**ALI SUPPLIED ITEMS:**

- Qualified specialist staff who will instruct students as necessary
- Specialist equipment for all activities
- 3-person tent, sleeping mat, cooking stoves etc
- Overpants for hike

## STUDENTS NOTES:

There will be 4 teams on this program. Each team will be on a separate rotation of activities for the 5 days. This program has been designed to cater for all students in Year 10 and requires a reasonable level of fitness.

- **Accommodation** -2 nights' accommodation at Bungarra Alpine Centre in lodge
- **Camping** - Each group will spend 2 nights camping in Kosciusko National Park, sleeping in 3-person tents. Camp craft is run while at the campsite
- **Catering** - All meals from dinner on Monday through to lunch on Friday supplied, includes food box/ration pack when camping
- **Mobile phones** brought on camp will be collected by school staff and stored for the duration of the program then returned to students when they leave Bungarra
- Students will be required to use/carry a daypack with rain jacket, water, hat, lunch on all activities
- All clothing and equipment to be labelled with the student's name
- Any special meal / dietary requirements are to be provided to the school and are required 2 weeks before camp. Personal extra food supplies are not required
- *The weather in the Snowy Mountains can change very rapidly, it may be very cold, and it may even snow at times, or it may be very warm*
- It is required that students bring suitable clothing for the alpine environment and the activities outlined and wear footwear at all times



# 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.