



---

# Outdoor Education Programme

## Year 7 Camp 2024

Information Booklet for  
Parents and Students



# Macarthur Anglican School

**Address** 605 Cobbitty Road, Cobbitty NSW 2570 Australia  
**Post** PO Box 555, Camden NSW 2570 Australia  
**Email** [administration@macarthur.nsw.edu.au](mailto:administration@macarthur.nsw.edu.au)

**Phone** +61 (0)2 4647 5333  
**Faxsimile** +61 (0)2 4647 54444  
**ABN** 58 390 019 481

## From the Headmaster Dr D Nockles

Dear Parents

I would like to take this opportunity to introduce you to the Year 7 Outdoor Education Programme. Macarthur's broad aim is to develop our students in mental, physical, spiritual and leadership skills which is further enhanced by the Outdoor Education Programme. Indeed, the Outdoor Education Programme is integral to the curriculum of the School. One of the aims of the Outdoor Education Programme is to equip our students with the skills to more fully enjoy and appreciate outdoor activities. We live in a vast and magnificent country and as a nation, enjoy spending time outdoors.

In accordance with the School's aim of excellence in all areas of endeavour, we provide a rigorous physical and mental challenge. Camps provide the opportunity to achieve in challenging situations and enhance leadership skills. We encourage students to appreciate the wonders of God's creation and care for their surroundings and for each other.

Year 7 students begin a sequential programme of camps that build on spiritual, physical and mental challenges year by year. 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.

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.

An attractive point in the timing of this camp is that it gives our Year 7 students a chance to bind into a Year cohort before they commence formal lessons. It is hoped that this will enable them to adjust more quickly to the academic rigour of secondary studies. The camp also offers an ideal opportunity for the Year 7 cohort to form lasting relationships with their Year 11 Peer Support Leaders who will accompany them on all activities. Throughout the camping programme, student's spiritual understanding is challenged and encouraged to be Christ-centred.

If you have any further enquiries please do not hesitate to contact the Dean of Students, Mr Timothy Cartwright, at the School on 4629 6237. I am confident that your child will find this an exhilarating start to their secondary schooling at Macarthur.

## Year 7 Camp Programme Descriptors

Outlined below is a brief description of the activities Year 7 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 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 will undertake the instruction, safety briefing and specifics of the activities.

- **Giant Swing** - The Giant Swing is suitable for a wide range of participants who can choose the height from which they wish to swing. Your teammates pull on a rope that raises you up to 26\*\* metres in height. Participants swing in a controlled environment using industry approved techniques.\*\*our giant swings range in height from 15-26 metre.
- **Survivor** - Survivor involves two tribes with up to 13 members each of whom compete for glory on up to 8 challenging initiative and low ropes elements. Survivor encourages teams to assess and develop their communication skills, gain an understanding of team dynamics and seeks to encourage cooperation.
- **Cart Racing** - Cart racing is an exciting, high-energy activity with races conducted in pursuit, relay and time trial formats. Participants race three wheeled, pedal powered, carts on a purpose built track. This activity is guaranteed to burn some energy!
- **High Ropes Course** - The high ropes course tests your initiative and balance to negotiate the 5 elements. A buddy checking system is used which makes this an excellent activity for developing communication between pairs and provides a challenging and shared experience for your group that's fun too!
- **Archery** - Archery provides its own unique sense of fun, competition and personal achievement whilst also encouraging concentration, patience and perseverance.
- **Bush Walk** - The Tops sits perched on the side of the Illawarra Escarpment and overlooks the beautiful Stanwell Park Beach. Students will walk along one of the many tracks which offer greta scenery and amazing views.
- **Evening Activities** - As the sun goes down over Stanwell Tops, that doesn't need to signify the end of a busy day at camp. There are a number of exciting activities including trivia and a silent disco.

*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	Climbing Tower	Team Initiatives
-----------	----------------	------------------

## Year 7 Outdoor Education Programme Details

<b>Dates</b>	<b>Monday 29 January to Wednesday 31 January 2024</b>
<b>Leader</b>	Rev. Michael Hyam <a href="mailto:mhyam@macarthur.nsw.edu.au">mhyam@macarthur.nsw.edu.au</a>
<b>Departure time</b>	<b><u>Students must arrive by 8.30am</u> - Monday 29 January</b> - at the School  Bus to leave: 9.00am  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.
<b>Return time</b>	<b>2.30pm - Wednesday 31 January</b> - to the School
<b>Location</b>	Tops Conference Centre, 51 Bendena Garden, Stanwell Tops NSW
<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 The Tops Conference Centre</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>	Refer to the Programme Descriptors page. There will also be talks on Christian Lifestyle.
<b>Response to be completed:</b>  <i>due no later than Friday 3 November</i>	<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>
<b>Information video</b>	<a href="#">Year 7 Camp Information video</a>
<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>	
<div style="display: flex; align-items: flex-start;">  <div> <p><b>ACCEPTANCE / ACKNOWLEDGEMENT OF RISK</b></p> <p>The participant acknowledges that a reference to The Trust in this section includes its servants and agents and further acknowledges that by reason of the nature of activities in which the participant may participate in at The Tops Conference Centre (site) that there is a risk of injury to the participant and/or a risk of an adverse affect to any current or past medical condition of the participant. <b>The participant acknowledges and agrees that the participant accepts that the participant engages in activities on the site at the risk of the participant.</b> The participant gives the trust authority, where circumstances deem it necessary, to obtain medical and ambulance assistance for the participant in the case of the participant suffering injury or ill health while on the site. For risk assessment information please visit <a href="#">Tops Conference Centre</a> and follow the links to the risk assessment.</p> </div> </div>	

## Year 7 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.

- Sleepwear
- Sleeping bag or sheet/s with blanket
- Pillow and pillow case
- Bath Towel
- Sun hat with brim
- Additional pair of Joggers/boots - comfortable and worn in. NO thongs permitted
- Waterproof jacket/raincoat (where safe activities proceed in the rain)
- Jumper/Jacket for warmth x 2
- Long pants / track pants for warmth x 2
- Socks
- Underwear
- T-shirt with sleeves, no midriiffs (these are not suitable for the activities and harnesses) x 4 or 5
- Shorts that are not too short (these are not suitable for the activities and harnesses) x 4 or 5
- Personal toiletries
- Insect repellent
- Sunscreen SPF50+
- Hand Sanitiser
- Personal medicines (eg. Ventolin)
- Garbage bags for dirty/wet clothes (x 2)
- Torch (not too big, but tough and check working)
- Water bottle (1 litre **MINIMUM** size)
- Daypack (smaller backpack suitable for walking and carrying items to the activities eg; water bottle, hat, raincoat, insect repellent and sunscreen)

### **Please Note:**

**Students must NOT bring singlet tops. Only T-shirts with sleeves are acceptable because of the risk of sunburn.**

**It is recommended that students do not bring new clothing. Due to the outdoor nature of the activities.**

**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.



# 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.

### **Year 7 Camp**



#### **ACCEPTANCE / ACKNOWLEDGEMENT OF RISK**

The participant acknowledges that a reference to The Trust in this section includes its servants and agents and further acknowledges that by reason of the nature of activities in which the participant may participate in at The Tops Conference Centre (site) that there is a risk of injury to the participant and/or a risk of an adverse affect to any current or past medical condition of the participant. **The participant acknowledges and agrees that the participant accepts that the participant engages in activities on the site at the risk of the participant.** The participant gives the trust authority, where circumstances deem it necessary, to obtain medical and ambulance assistance for the participant in the case of the participant suffering injury or ill health while on the site. For risk assessment information please visit [Tops Conference Centre](#) and follow the links to the risk assessment.