



Outdoor Education Programme

Year 8 Camp 2024

Information Booklet for
Parents and Students



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.

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 8 Programme and an equipment list are provided in this booklet.

Timothy Cartwright
Dean of Students

Year 8 Camp Programme Descriptors

Outlined below is a brief description of the activities Year 8 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.

- **Raft Building** - An initiative activity on water. Participants are typically required to work as a team to design and construct a vessel out of items supplied.
- **Archery** - Participants are introduced to the correct techniques and safety procedures of archery, the practice of using a recurve bow held to shoot arrows at a static target.
- **Biscuits/Water Initiatives** - Using inflatables, participants are put through a series of team building exercises. Be prepared to get wet for this activity that will create many laughs and encourage teamwork.
- **Berry Challenge** - A large group round robin of activities throughout the Berry Centre. Large group is split into smaller groups of 6-10, with activity examples including: Ballon shuffle, widgets, human knot, archery, mat flip and many more.
- **Circus Skills** - A series of fun and challenging circus-based activities from juggling to plate spinning. Participants encounter different aspects of fine and gross motor skills in a fun and social environment.
- **Bike Skills** - This session will cater for all levels of biking ability. Not a learn to ride session, but non riders will be able to participate & be taught basic cycling skills. Activities that incorporate team building and problem-solving using bikes as a medium.
- **Bushwalk/Cookout** - Linked with a bushwalk to a campfire circle approx. 1 km from the centre. Participants are taught how to light a fire and cook their own damper over a small campfire.
- **Canoeing/Kayaking** - A team experience where participants are taught the concepts and basic techniques behind flat water paddling, including how to manoeuvre and control the boat using a single- or double-bladed paddle.
- **Country Fair** - Big group activity where participants run stalls & enjoy the games, entertainment & fun that their teammates organise & facilitate. A community celebration.

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:

Pool Games/Pool Tabloids	Dark Maze	Paint Balloon Combat
Traditional Indigenous	Evening Activity = Night Show	Andy Goldsworthy Art
Team/Photo Challenge	Initiatives	Rogaining

Year 8 Outdoor Education Programme Details

Dates	Monday 29 January to Friday 2 February 2024
Leader	Mrs Venessa Allen vallen@macarthur.nsw.edu.au
Departure time	<p><u>Students must arrive by 8.00am</u> - Monday 29 January – 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>
Return time	2.30pm – Friday 2 February – to the School
Location	<p>Berry Sport and Recreation Centre, Dharawal country, 660 Coolangatta Rd, Berry, NSW, 2535</p> <p>Parent/Guardian Information Pack - https://sport.nsw.gov.au/facilities/schools/parent</p>
Programme	<ul style="list-style-type: none"> • Supervised by staff of Macarthur Anglican School. • Skills activities run by trained staff of Berry 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	Refer to the Programme Descriptors page.
<p>Response and online form to be completed:</p> <p><i>due no later than Friday 3 November</i></p>	<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 3 November.</p> <p>2. State Sport and Recreation online form: Complete link below by Friday 3 November.</p> <p><i>Browser recommended/preferred to complete link is Google Chrome</i></p> <p>State Sport and Recreation online form</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 on the morning of departure.</p> <p>Camp Forms » Macarthur Anglican School</p>
<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.</p>	

Year 8 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.

- Bible, notebook, pen
- Sun hat with brim
- Socks (x 5 or 6)
- Long pants, track pants
- T-shirts with sleeves, no mid-driff (x 4 or 5)
- Long-sleeved shirt
- Shorts, not short (x 3)
- Underwear (x 5-6)
- Polar fleece top
- Swimwear - must include a rash-vest or swimming shirt
- Boardshorts
- Sleepwear
- Sleeping bag and fitted sheet OR sheet/s with blanket**
- Pillow and pillow case**
- Personal toiletries
- Towels (x 2), one large for use in camp, one for pool
- Insect repellent
- Sunscreen SPF50+
- Water bottle (1 litre **MINIMUM** size)
- Daypack (similar to the one used for school)
- Joggers/boots (x 2) comfortable and worn in, one an old pair that can get wet and perhaps thrown away. No thongs
- Torch and spare batteries (not too big, but tough and check working)
- Waterproof jacket/raincoat
- Garbage bags for dirty/wet clothes (x 2)
- 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. 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.