

# Loxton Lutheran School

## Year 5 and 6 Program



Wednesday 3<sup>rd</sup> – Friday 5<sup>th</sup> May

Scotts Creek  
2017



PRINCE ALFRED COLLEGE



March 2017

Dear Parents,

Your child will soon be taking part in the combined year 5 and 6 outdoor education program at Scotts Creek. A major focus of the program will be the aquatic based activities. Students will be taught the fundamental skills and safety procedures of canoeing and they will work together in small activity groups understanding basic ecological concepts.

Scotts Creek is located 7km South of Morgan on an anabranch of the Murray River. It provides a wonderful opportunity for outdoor and aquatic activities. We hope that your child's experience at Scotts Creek is both enjoyable and valuable.

To help your Child prepare for this camp, please note the following.

**Clothing** – see the attached sheet for a list of clothing. Make sure clothing is included which can get wet or dirty. Please see that all things listed are brought along and suitably named.

**Consent Forms** – Please fill in the consent form and return as soon as possible. Please inform the Class Teacher of any current medication or special concerns. Medication required on camp must be clearly named and instructions stated specifically.

Please do not allow your child to bring mobile phones, MP3 players, electronic games, sweets or money. We would like to get away from our normal high-tech style of living for a couple of days. We encourage your child to bring a musical instrument.

Our Outdoor Education Staff are looking forward to working with your child. We believe the program is an exciting learning experience that will be enjoyed by all. We trust that students will take this opportunity to strengthen existing friendships and establish new relationships. Cooperation, consideration and respect for others and our environment, are central to the success of this program.

Every effort should be made to learn new skills and acquire attitudes during this program that are positive, thoughtful and constructive. Hopefully they will stay with each student throughout school and adult life.

Please contact me on 0439803000 or email [mjensen@staff.pac.edu.au](mailto:mjensen@staff.pac.edu.au) if you require any further information.

Yours sincerely,

Micha Jensen  
Coordinator Scotts Creek Outdoor Centre

## Intended Program

Loxton Lutheran Year 5 Outdoor Education Intended Program			
	Wednesday	Thursday	Friday
7.00am		Wake Up	Wake Up
7.15am	9.00am Depart Loxton School	Pack up camp	Pack up gear & dorms
7.45am		Duties	Duties
8.00am		<b>BREAKY</b>	<b>BREAKY</b>
9.00am		Clean up Gear	Flying fox/Mission Impossible
10.00am			
11.00am	Arrive SCOC	Indoor Bouldering	
12.00pm	Settle into dorms		<b>11.45am LUNCH</b>
12.30pm	<b>LUNCH</b>	<b>LUNCH</b>	Depart SCOC
1.00pm	Free time	Free time	Arrive Loxton 2.30pm
1.30pm	Canoeing strokes and Capsize	Paddle Time	
3.00pm	Set up Tents	Orienteering	
4.30pm			
5.45pm			
6.00pm	<b>DINNER</b>	<b>DINNER</b>	
6.45pm		"Escape From Kamp Krusty"	
7.00pm	Indoor Bouldering		
8.00pm	<b>Supper</b>		
8:30pm	Ready for Bed	Supper Ready for Bed	
8:45pm	Lights Out	Lights Out	

## Intended Program

Loxton Lutheran Year 6 Outdoor Education Intended Program			
	Wednesday	Thursday	Friday
7.00am		Wake Up	Wake Up
7.15am	9.00am Depart Loxton School	Pack up campsite and walk back	Pack up gear & dorms
7.45am			Duties
8.00am		<b>BREAKY</b>	<b>BREAKY</b>
9.00am		Clean up Gear	Flying Fox/Mission Impossible
10.00am			
11.00am	Arrive SCOC	Indoor Bouldering	
12.00pm	Settle into dorms		<b>11.45am LUNCH</b>
12.30pm	<b>LUNCH</b>	<b>LUNCH</b>	Depart SCOC
1.00pm	Free time	Free time	Arrive Loxton 2.30pm
1.30pm	Canoeing strokes and Capsize	Paddle time	
3.00pm		Orienteering	
4.30pm	Pack for Expedition	Free time	
5.45pm	Walk to campsite	Duties	
6.00pm	<b>BBQ DINNER</b>	<b>DINNER</b>	
6.45pm	Campfire & games	"Escape From Kamp Krusty"	
7.30pm			
8.00pm			
8:45pm	Ready for Bed	Supper Ready for Bed	
9:15pm	Lights Out	Lights Out	

## Dates & Times

The bus will depart from Loxton Lutheran at 9.00am Wednesday 3rd of May. Students are asked to arrive at 8.30am.

The bus will return to Loxton Lutheran from Scotts Creek at 2.30pm Friday 5<sup>th</sup> of May.

## General Aims

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Each Program has specific learning outcomes but in broad terms we aim to develop in students:

- Increased understanding of ecological systems
- The ability to problem solve and make choices about their lifestyles
- Social understanding in a residential situation which will help students develop tolerance and consideration for others
- Skills which will enable students to go safely into natural areas with minimum impact and maximum satisfaction and appreciation
- Skills and abilities to make informed choices about sustainable environmental development
- Independence and Self confidence

## Specific Objectives

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Students should be able to:

- Demonstrate skills and knowledge in basic ecological concepts
- Demonstrate basic skills and knowledge in canoeing and minimal impact camping.
- Demonstrate positive attitudes and behaviour towards the natural environment
- Develop awareness of potential hazards and risks in the outdoors, and take the necessary precautions
- Learn, as part of the practical activities, about aspects of the natural environment
- Demonstrate a sense of responsibility towards other people, and be aware of the need for group members to rely on each other in the outdoors
- Be familiar with appropriate equipment, as well as techniques for the safe use, care and maintenance of that equipment in the selected outdoor activities.

## Catering

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The Scotts Creek catering staff provide a large diversity of foods during the time that your child is on program. The menu is well balanced, nutritional and most importantly attractive to children. Please outline any specific dietary requirements on the consent form. If you have any further questions regarding catering please contact Micha Jensen - coordinator Scotts Creek [mjensen@staff.pac.edu.au](mailto:mjensen@staff.pac.edu.au) or 0439803000.

## Accommodation

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The campsite contains facilities that consist of three sub-divided dormitories, each containing 20 beds. Beds are bunk style with comfortable mattresses.

During campout programs students will be accommodated in lightweight camping tents that provide protection against insects and inclement weather.

## **Communication Systems**

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The campsite has a direct phone line for emergency communication. On trips away from the residential campus, 4G mobile and satellite phones are used for emergency communication.

**Scotts Creek Outdoor Centre- 08 8540 2231**

**Micha Jensen - 0439 803 000**

## **Mosquitoes and Ross River Fever**

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Living and working near a body of water such as Scotts Creek and the Murray River always brings the possibility of mosquitoes being present around the campsite. There is no effective way of ensuring a mosquito free environment and therefore, as there is no guaranteed safe means of co-habiting with mosquitoes, it is recommended to staff and students that they take as many practical preventative measures as possible. We recommend the following:

- Wear long sleeve shirts and pants particularly at dusk
- Use tropical strength repellent

## **Staff**

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PAC Outdoor Education Staff are highly qualified and experienced outdoor education teachers/instructors. Staff are trained in Wilderness First Aid and are familiar with the Scotts Creek environment. The staff for this year's program are outlined below:

Micha Jensen – Coordinator Scotts Creek Outdoor Centre

Stephen Hausler - Outdoor Education Instructor

Allie Brinkworth – Outdoor Education Instructor

Belinda Rowe - Outdoor Education Instructor

Alice Cook- GAP Assistant

## **Boundaries**

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One of the features of Scotts Creek is its areas of open lawn. This area is sufficient for all of the Centre's activities. There should be no reason for students to leave the Centre, unless under the direct supervision of a staff member.

## **Daily Duties**

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One of the many activities that we participate in whilst on camp is the care and maintenance of the space in which we live. It is important to realise that these jobs are not chores, but activities that are vital to the care and well being of the campsite and the people we are camping with. Initially, individuals are responsible for the tidiness and cleanliness of their own bed and personal gear. The members of each dormitory are responsible for sweeping and cleaning their room and surrounds. This includes emptying bins and ensuring that the lawn areas are free of litter. During the program, students will be expected to participate in smaller duty groups. Within these groups students will complete specialised tasks.

These jobs are completed on a rotation basis, ensuring everyone gets a fair and equal opportunity to have input into the smooth running of the program. At Scotts Creek, the old proverb "Many hands make light work" is evident.

## **Safety Considerations**

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The staff at Scotts Creek are very keen to ensure the complete safety of the students at all times. Students can aid the staff and be responsible for their own well being by following these "common-sense" rules.

The Murray River represents a unique, natural environment in which to adventure. There are however dangers inherent with this area. The river has a fluctuating water depth and has numerous underwater obstructions which can be hazardous to swimmers. With this in mind, we ask that parents help reinforce the importance of the following rules with their son:

- Students will be expected to wear a Personal Flotation Device in the water at all times.
- Students will be expected to wear shoes whilst involved in all aquatic activities and around the campsite.
- Students can only go down to the landing and water front area if a SCOC staff member, or a supervising teacher accompanies them.

## **General Expectations**

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We want the program to be fun, enjoyable and safe for everyone. Therefore all school rules apply.

1. Listen carefully to and follow instructions given by all staff.
2. Be courteous to all adults and classmates.
3. Allow everyone to feel safe.
4. Respect other people's property.
5. Be responsible for your own belongings.
6. Stay on campus unless with a staff member.
7. Take care of the natural environment.

## **Fire Extinguishers**

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Fire Extinguishers are an important and expensive piece of safety equipment. The Centre has numerous fire extinguishers, placed strategically in case of emergency. Students must not tamper with these devices. Students involved in tampering or improper use of the fire extinguishers will be billed for their repair or replacement.

*'Any Student who chooses not to follow these essential rules and expectations will be sent home at*

*their parents' expense'*

## **Emergency Procedures**

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In the unlikely event of a serious accident or incident the Centre has an extensive and detailed Emergency Procedure plan.

In the event of a fire at the Centre, a long and continuous siren will be sounded. Students and staff are expected to move to the meeting area immediately. A roll will be called to account for every member of the camp. Once this has been completed the staff of Scotts Creek have specialised tasks to bring the emergency under control quickly.

The staff at Scotts Creek have developed expeditions that match the students' level of experience. The Staff are trained and qualified in all outdoor activities, and have means to evacuate students if the need arises.

## **Living Lightly at Scotts Creek**

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- Turn off the light when you are the last one to leave
- Have short showers
- Use the rainwater tanks for drinking only
- Turn the water off when brushing your teeth

All these help us to use less energy and materials that lesson our impact on the earth.

ACT LOCAL

THINK GLOBAL



REDUCE, REUSE, RECYCLE

## **Living Together**

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Respect for each other is important in a community living together and in a camp environment. It is important to respect the privacy of others. This means that the dormitories of other students must not be entered at anytime and that personal equipment of others must not be tampered with.

## Gear and Equipment List

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### Around the campus ...

- ✓ Broad brimmed hat
- ✓ Two pairs of shoes
  - old pair for aquatics-**these will get wet!**
  - comfortable pair for around the Centre
- ✓ Three sets of underwear
- ✓ Three sets of socks
- ✓ Two pairs of shorts
- ✓ Three T-shirts
- ✓ Bathers/ board shorts
- ✓ Track pants
- ✓ Warm Jumper
- ✓ Towel
- ✓ Sunscreen and lip balm
- ✓ Toiletries (Toothpaste, Soap, Toothbrush)
- ✓ Waterproof jacket (parachute style material not appropriate)
- ✓ Water bottle
- ✓ Plate, bowl, cup, knife, fork, spoon in a dilly bag (pillow case is acceptable)
- ✓ Tea Towel
- ✓ Personal First Aid Kit
- ✓ PERSONAL MEDICATION

### At night...

- ✓ Small, compact torch with **spare batteries**
- ✓ A compact, warm sleeping bag
- ✓ Pyjamas
- ✓ Beanie
- ✓ Insect repellent (Tropical Strength Rid / Aeroguard)
- ✓ Pillow / Pillowcase

*\* Personal first aid kit includes band-aids, adhesive tape, insect repellent. Personal medication can be carried and administered by the students (asthma puffer), or by the staff (antibiotics), at the parents' discretion and should be noted on the consent form.*

### Items you are welcome to bring...

- ✓ Camera
- ✓ Musical Instrument

### Items to leave at home...

- Electronic equipment - MP3 players, mobile phones, games.
- Junk food (chips, soft drink, lollies etc)

No pocket money is required whilst you are at the Centre (there is no where to spend it!)

