

# MacKillop College

## Year 7

### Outdoor Education Experience

#### ANGLESEA 2018



# **Year 7 Outdoor Education Experience**

Starting secondary school is an exciting time for Year 7 students. Not only will they be experiencing a new school and new people, they will also be engaged in different forms of learning which these experiences enable.

The Outdoor Education faculty, together with the Year 7 Team, have designed a two-day experience that promotes and encourages an introduction to the coastal environments that surround us and provides an opportunity for staff and students to forge stronger relationships.

Students will learn basic outdoor skills in surfing, raft building and minimal impact camping, as well as participate in activities which will challenge both the individual and the class.



## **Outdoor Education Forms**

You will receive a number of camp forms at the start of the year. Please complete and return to your homeroom teacher ASAP. These forms include:

- Outdoor Education Years 7-12 2018 Student Expectations Form
- Arrangements for Year 7 Students Travelling Home Form
- Year 7 Outdoor Education Consent Form 2018
- Asthma Information Form, if required.

# Outdoor Education Aims

The focus of the Year 7 Outdoor Education Experience is to provide students with opportunities to:

- Develop teamwork, cooperation and problem solving skills
- Take initiative
- Develop communication skills with their peers and teachers
- Further develop their self-esteem
- Enhance their sense of responsibility and respect for others and the environment
- Forge outdoor activity skills for future Outdoor Education programs at MacKillop College.

This experience additionally aims to encourage a sense of class spirit that will be consolidated throughout the remainder of the year.

## Expectations

It is an expectation of MacKillop College that all students participate on the Anglesea experience.

Students are expected to conduct themselves appropriately during off-campus excursions, in accordance with the behavioural expectations of the College and the Outdoor Education staff.

Concerns about attending the experience need to be communicated with homeroom teachers and outdoor education staff.

**Please note on all outdoor education experiences students are not to bring their mobile phones and we expect parental support.**

Outdoor education staff will have mobile phones to contact parents/guardians if needed. An emergency phone number will be available (on the consent form) if you need to contact your son/daughter.

# Homeroom Dates

Date	Classes	Mick Fanning Group	Steph Gilmore Group
13-14 February	Aqua and Silver	Aqua	Silver
15-16 February	Blue and Maroon	Blue	Maroon
20-21 February	Brown and Ivory	Brown	Ivory
22-23 February	Gold and White	Gold	White
19-20 March	Green and Navy	Green	Navy
22-23 March	Orange and Teal	Orange	Teal
27-28 March	Purple and Red	Purple	Red

**Please note:** On the first day, the Mick Fanning Group will be surfing and the Steph Gilmore Group will be raft building and participating in initiative activities.



# Itinerary

## DAY 1

Time	Activity
8:35am	Meet in homeroom as normal
8:45am	Move to the Rotunda. An introduction is conducted by the Outdoor Education staff, student medications collected, gear issued, trailer packed, etc.
9:15am	Depart MacKillop College
10:30am	Arrive at Eumeralla Scout Camp / morning tea ( <b>bring own</b> )
10:30am – 12:30pm	Briefing on area boundaries, rules and expectations Demonstration of tent set up Students set up tents Help set up community gear/camp set up Activity, if time permits
12:30pm – 1:30pm	Lunch ( <b>bring own</b> )
1:30pm – 4:30pm	Activities: <ul style="list-style-type: none"> <li>• Mick Fanning Group surfing at Torquay main beach</li> <li>• Steph Gilmore Group raft building and initiatives activities on Anglesea River</li> </ul>
4:30pm	Afternoon tea at camp site
5:00pm	Afternoon activity
6:00pm	Dinner and clean up
7:30pm	Night activities/night walk
9:30pm	Bed and lights out

## DAY 2

Time	Activity
7:00am	Wake up, breakfast, day briefing and pack up
9:00am	Morning tea and homeroom games
10:00am – 12:30pm	Activities: <ul style="list-style-type: none"> <li>• Steph Gilmore Group surfing at Anglesea Main Beach</li> <li>• Mick Fanning Group team raft building and initiatives activities on Anglesea River</li> </ul>
1:00pm	Lunch at Anglesea River picnic area Team games on grassed area around picnic ground
2:15pm	Depart Anglesea
3:30pm	Arrive at MacKillop College Students participate in clean up and final group debriefing at the Outdoor Education Sheds
4:00pm	Students dismissed from rear carpark of the Tenison Woods Centre

# Clothing and Equipment List

Day Pack Items	Clothing
Snack, lunch (Day 1)	Underwear
2 reusable water bottles (full) (not single use throwaway bottles, please)	Warm socks
Hat / Cap (sunglasses optional)	Beanie
Bathers	2 pairs of shorts ( <b>no denim/jeans</b> )
Change of underwear	2 T-shirts ( <b>no singlets or tank tops</b> )
Rash vest (optional)	1 long sleeve shirt
Towel	1 thermal top and bottoms (optional)
Spare plastic bag	2 pair of long pants ( <b>no denim/jeans</b> )
Camera (optional)	2 woollen or fibre pile/polar fleece jumpers ( <b>no cotton, because once wet your son/daughter will become cold</b> )
	2 pairs of closed toe shoes - 1 pair of running shoes for around camp and 1 pair of shoes that can get wet ( <b>no thongs</b> )

Personal Equipment
Sleeping Bag (with name written on it)
Toiletries – toothbrush, toothpaste, roll on deodorant, baby wipes, small pack of tissues etc. ( <b>no aerosol cans</b> )
Hard plastic bowl, plate, cup and cutlery in a cloth bag/pillow case ( <b>no disposable plastic as they will crush easily in bag</b> )
Small torch and spare batteries (a head torch is ideal)
1 tea towel
Cleaning cloths – sponge and scourer in a snap lock bag
2 strong garbage bags/grocery bags – for wet items
Medication – to be given to staff at start of program in labelled zip-lock bag with instructions (yellow medication form)

***Clothing and personal equipment are to be packed into one small-medium soft duffle or sports bag. No suitcases, please. Students are only going for one night and two days, please ensure you do not over pack.***

## **Prohibited items (do not bring on camp)**

Mobile phones, denim clothing, extra food, soft drink, jewellery, aerosol cans, make-up, thongs, singlets, tank tops, leggings, knives, magazines, laser lights or electronics.

No nuts or nut based products and strictly, no lollies.

## **School provided equipment**

The College provides a waterproof jacket, waterproof over pants, sleeping mat and tent.

# Menu

For the duration of the experience, MacKillop College will supply the majority of the meals for students. **Students are only required to bring their own morning tea and lunch on Day 1.** The menu has been prepared by Outdoor Education staff and aims to provide students with suitable nutrition essential to their needs.

Meal Time	Day 1	Day 2
<b>Breakfast</b>	N/A	Weetbix, Cornflakes, Rice Bubbles, fresh fruit and hot/cold Milo and juice
<b>Lunch</b>	Recess, lunch and a drink (Bring own)	Sandwiches with a choice of ham, strasburg, chicken loaf, lettuce, tomato, cheese, avocado, cucumber and capsicum
<b>Snack</b>	Fresh fruit and shapes (BBQ, pizza and cheese flavoured)	Fresh fruit and muesli bars
<b>Dinner</b>	BBQ sausages and hamburgers with salad (creamy pasta and coleslaw), bread and condiments	N/A
<b>Dessert</b>	Fruit salad and custard	N/A

**Please note:**

The menu is subject to change due to possible student pre-existing conditions i.e. anaphylaxis and food allergies.

If your son/daughter has allergies or special dietary requirements please let us know prior to the Outdoor Experience so we can cater for their needs. Please state in detail on the form that is provided. This will give us sufficient notice to contact you to discuss additional arrangements if necessary.



# Safety and Risk

If unfamiliar to students, some outdoor education activities may create anxiety. However, our activities are carefully planned to minimise risk. Staff are there to support and guide the students as they are encouraged to make their own decisions and manage themselves in new and exciting situations.

Staff supervise students throughout the two-day experience and provide backup assistance, including vehicle and communication support. A detailed safety management plan exists for the Year 7 Anglesea experience, which is used to avoid or minimise risks. This plan details communication and relevant emergency procedures.

The students will be staying in tents at the Eumeralla Scout Camp within an area dedicated to MacKillop College. Should an unforeseen incident or inclement weather occur, there is a ranger/manager on site and emergency shelter available.

The surfing company hired for the experience is Go Ride a Wave, who will be conducting lessons at either Torquay or Anglesea main beach. Go Ride a Wave provide wetsuits and surf boards for each student. Experienced and qualified instructors teach students environmental awareness, water safety and surfing skills. MacKillop College staff will provide additional assistance to students.



## During the Day

It is recommended that all students **'slip, slop, slap'** every two hours. During the day it is quite likely that students will be out in the sun for anywhere up to eight hours, so students must wear a hat that covers the entire head (our rule is **'no hat, no play'**). Singlet and tank tops are forbidden and the student's arms, back and neck should be covered and protected at all times from sun exposure. Students will be encouraged to drink water regularly to help keep them hydrated. Recommended daily intake of water, especially during warmer weather is between 1.5 - 2 litres.

**If any questions remain regarding the camp please call the  
Outdoor Education department on 8734 5200**