



# Prince Alfred College

Year 8  
Pastoral Care



Goolwa  
2010

January 2010

Dear Parents,

Your son will soon be taking part in the year 8 Pastoral Care program at Goolwa. The program has been designed to integrate new boys to Prince Alfred College with those boys who have spent their primary years in the Preparatory School.

The boys will be staying at The Goolwa Caravan Park, Noble Avenue, Goolwa. The park is set in 25 grassy acres, on a marina with direct Murray River access. It provides a wonderful opportunity for outdoor and aquatic activities. The coastal beaches of Middleton and Goolwa will be used for all aquatic activities, as well as the River Murray. We hope that your child's experience at camp is both enjoyable and valuable.

To help your son prepare for this program, 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.

Staff will take to camp a copy of the health information you provide to the school. Please also complete the attached Consent for Camp, Aquatic Consent & Medical Forms and return them marked "attention Megan McLaughlin" as soon as possible. Please inform the Tutor of any current medication or special concerns. Medication required on camp must be clearly named and instructions stated specifically.

Please do not allow your son to bring mobile phones, radios, mp3 players, electronic games, lollies or money. We would like to get away from our normal high-tech style of living for a couple of days.

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

Please contact me personally on 8540 2231 (Scotts Creek Outdoor Centre) or on mobile 0418854474, or email [pnoble@pac.edu.au](mailto:pnoble@pac.edu.au) if you require any further information.

Yours Sincerely,

Phil Noble  
Coordinator - Scotts Creek Outdoor Centre

## Intended Program

<b>PASTORAL CARE CAMP</b>		
<b>Week 1 Monday 1 February – Friday 5 February 2010</b> 8 PAB – Monday – Tuesday    8 AMG – Tuesday – Wednesday 8 SJO – Wednesday – Thursday    8 PBU – Thursday – Friday <b>Week 2 Monday 8 February – Tuesday 9 2010</b> 8GZH – Monday - Tuesday		
	<b>Day 1</b>	<b>Day 2</b>
6.30am		Wake up/ Run
7.00am		Pack up
8.00am		<b>BREAKFAST</b>
8.30am	<i>Arrive at School</i>	Ready for Surfing
9.00am	<i>Depart PAC from Capper Street</i>	Surfing
10.00am	Arrive Goolwa Caravan Park	
10.30am	Recess	
11.00am	Set up camp	
12.00pm	<b>LUNCH</b>	
1.00pm	Capsizing X Rescues Kayaking	Showers & Pack Bus
2.00pm		
3.00pm	<b>AFTERNOON TEA</b>	Arrive at PAC
4.00pm	Games & Team Challenge	
5.00pm	Free time	
5.45pm	<b>DINNER</b>	
7.00pm	Down to Beach Swimming Body Boarding Beach Cricket	
9.00pm	<b>SUPPER</b>	
9.30pm	Off to Bed	
10.00pm	Lights Out	

## **Dates & Times**

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The Bus will leave from Capper Street at 8.30am each. Parents are asked to have their boys at the school by 8.00am.

The bus will return to PAC from Goolwa at 3.00pm.

<b>8 Abrantes</b>	<b>Monday 1 February – Tuesday 2 February</b>
<b>8 McGregor</b>	<b>Tuesday 2 February - Wednesday 3 February</b>
<b>8 Jordan</b>	<b>Wednesday 3 February – Thursday 4 February</b>
<b>8 Bubner</b>	<b>Thursday 4 February - Friday 5 February</b>
<b>8 Zheng</b>	<b>Monday 8 February – Tuesday 9 February</b>



## **General Aims**

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- To provide students with positive experiences and enjoyment throughout a varied outdoor education programme.
- To increase opportunities of socialisation amongst students within tutor groups.
- To provide students with opportunities for personal challenge both physically and mentally in an outdoor setting.
- To enhance each students awareness, and appreciation for our environment.
- To develop skills related to organisation and responsibility in the outdoors.
- To learn skills related to working in a group including tolerance, cooperation, understanding, shared duties, and support for individual and group goals.
- To learn by doing and sharing.
- To develop in students a diversity of outdoor education skills, understandings and knowledge through exposure to different activities.

## **Specific Aims and Activities**

- To provide sufficient opportunities for boys to develop a range of skills, positive experiences and an understanding of:
  - Kayaking Rescues & Capsizing
  - Surfing
  - Problem Solving
  - Group dynamics
  - Environmental Issues

## **Catering**

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All outdoor programs operated by PAC pride themselves on the quality of food on offer. Meals are healthy, nutritionally balanced and plentiful. If your son requires any special dietary requirements please outline this in the camp consent form. Or contact our caterer Sue O'Brien on 0417 860 889.

## **Accommodation**

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Accommodation will be in tents, on site at Goolwa Caravan Park. Boys will have access to hot showers and flush toilets throughout the duration of the camp.

## **Communication Systems**

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Outdoor Instructors carry Next G mobile phones during all activities. If there is a need to contact us during the program then please call Phil Noble on 0418 854 474 or the Goolwa Caravan Park – (08) 8555 2737

## **Mosquitoes and Ross River Fever**

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Living and working near a body of water such as Lake Alexandrina and The Murray River always brings the possibility of mosquitos 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 mosquitos, 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. Teaching Staff are trained in Wilderness First Aid and are familiar with the campsite.

Phil Noble – Coordinator of Scotts Creek Outdoor Centre  
Belinda Beisiegel - Outdoor Education Teacher  
Brad Newton – Outdoor Education Teacher  
Delwyn McInnes – Outdoor Education Instructor

The Tutor will also accompany each camp group.

## **Boundaries**

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A feature of the Campsite is its areas of open lawn. This area is sufficient for many of the Camps activities. There should be no reason for students to leave the Centre unless under the direct supervision of a staff member.

## **Camp Rules**

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Rules:

We want the camp 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 boys.
3. Allow everyone to feel safe.
4. Respect other people's property.
5. Be responsible for your own belongings.
6. Stay on camp property unless with a staff member.
7. Take care of the natural environment.

Camp Expectations:

That everyone will:

1. Be prepared to share the use of camp facilities and remain friendly and helpful to other camp members.
2. Be willing to join in activities and "have a go" at things you may not have tried before.
3. Where appropriate, try to be part of the larger group rather than dividing into small groups. Take this opportunity to mix with other boys.
4. Keep tent area and grounds clean and tidy.
5. Remember that others are entitled to a restful night.
6. Cooperate and share the workload. Complete given duties cheerfully and promptly.
7. Be considerate of the needs of others at all times.

**ANY STUDENTS WHO DO NOT FOLLOW THESE ESSENTIAL RULES WILL BE DISCIPLINED AND, IF NEED BE, SENT HOME AT THEIR PARENTS' EXPENSE**

### **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 tents of other boys 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 camp ...

- Two Pairs of Shoes
  - Old pair for aquatics
  - Comfortable pair for around the Centre and camp
- Thongs to go to the beach
- 2 sets of underwear
- 1 set of socks
- 2 pairs of shorts
- 1 T-shirts
- Bathers/ Board Shorts/Rash Vest
- Track Pants
- Jumper
- Towel
- Toiletries
- Sunburn Cream, Lip Balm
- **Broad Brimmed Hat (ESSENTIAL - NO HAT-NO ACTIVITY!!!)**
- Plate, bowl, cup, knife, fork, spoon in a clean but old pillow case
- Tea Towel
- **Water Bottle**

### At night...

- Small, compact torch
- A compact, warm sleeping bag (Bring extra blankets if you don't think yours is warm enough)
- Beanie
- Insect repellent (Tropical Strength Rid / Aeroguard)
- Pillow & Pillowcase

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

### Items we encourage you to bring...

- **Body Board (strongly encourage students to borrow one)**
- Camera
- Wetsuit

### Items to leave at home...

- Electronic equipment including mobile phones, mp3 players etc.
- Food!!
- No pocket money is required whilst at the camp.

# CONSENT FORM FOR CAMP EXCURSION

*\* Please use block letters when filling out this form*

As a Parent/Guardian of: ..... (Student's Name)

I: ..... (Your name)

Have read all information contained in the booklet and give consent for my son to participate in the Year ..... Pastoral Care Camp.

Further, I give consent for my son to participate in beach and aquatic activities at that camp

at: Goolwa Caravan Park from ..... To ..... (Insert dates)

*Details of planned activities; transport arrangements and supervising teachers/instructors are provided in the attached booklet.*

## Agreement

- I agree to delegate my authority to supervising teachers/instructors. Such supervisors may take whatever disciplinary action they deem necessary to ensure the safety, wellbeing and successful conduct of the students as a group and individually.
- In the event of an accident or illness and contact with me being impractical or impossible, I authorise the teacher-in-charge to arrange whatever medical or surgical treatment a registered medical practitioner considers necessary. I will pay all medical and dental expenses incurred on behalf of my child.
- I have previously verified the accuracy of medical information held by the school, and will update that information if there is any change prior to the camp. I also consent to my child's doctor or medical specialist being contacted in an emergency.
- The information given is accurate to the best of my knowledge.

Signed: ..... Date..... /..... /.....

## Emergency contacts

Medicare Number.....

### Parent/Guardian

(Address)

(Telephone) Home :

Work :

Mobile :

### Dietary Requirements / Food Allergies

### Family Doctor or Medical clinic

(Name)

(Address)

(Telephone)

### Medical Specialist (if relevant)

(Name)

(Address)

(Telephone)

Any healthcare information given will not prevent your child participating unless further medical advice warrants exclusion. The information requested on the student healthcare information sheet will be treated confidentially. Such information is sought in order to protect and assist the student so the activity may be a safe and enjoyable experience. Please attach extra sheets if required and contact the teacher-in-charge if you wish to discuss any student healthcare problems