

Tonight

- ▶ Why?
- ▶ Background
- ▶ Program
- ▶ What to expect?
- ▶ How?
- ▶ Questions



Important for students to have realistic expectations; a good understanding of logistics.

Why - Outdoor Education, the camp, and the program at St Philip's College

What does each day look like on Year 8 Adventure

We will discuss Respect for Self, Others, and the Environment (nature). This is the basis of assessment throughout our programs.

How and what do we need to do between now and camp?

Why?

- ▶ Important component of the curriculum
- ▶ Experience failure and success
- ▶ Break out of comfort zones
- ▶ Physical and Mental Growth
- ▶ FLOURISH



Strengthen relationships, build positive emotions, enhance personal resilience, and encourage a healthy lifestyle

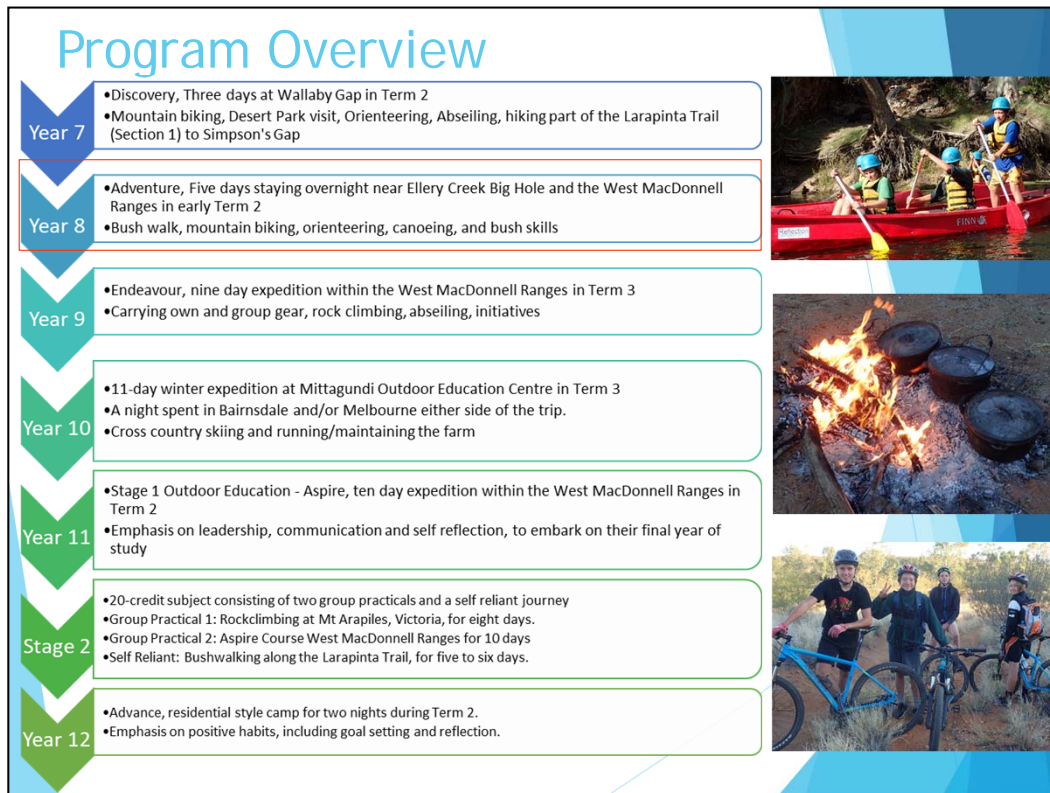
We are a round square school and just like it assists curriculum design, we utilise the framework to support the integration of discoveries in our outdoor education programs. Year 8 Camp – largely Spirit of Adventure and Spirit of Environmentalism ideals

Twelve discoveries – these are immersed within with an emphasis on – sustainability, courage, communication, self-awareness, responsibility, teamwork, tenacity

We want to learn by doing, discovering our capabilities and building confidence as we break out of comfort zones.

Through our programs, we are faced with physical, mental, and emotional challenges in order to achieve desired outcomes in our wellbeing and ultimately flourish through resilience.

Outdoor Education, along with Performing Arts, Sports, provides a holistic approach to our Education.



Programs are ever changing, expanding and improving

Year 7 extended to 3 days in 2015, with Year 8 extending to 5 days shortly after.

This is to assist with the progression of our programs. Year 7 and 8 set us up well to take on our longer programs – Year 9 and 11.

Ultimately, we extending on from what we learned on camp in Year 7, extending these further on Year 8 and better equipping students to be able to take on the extra responsibilities that come with Year 9.

Valued as an important component of the curriculum for student development

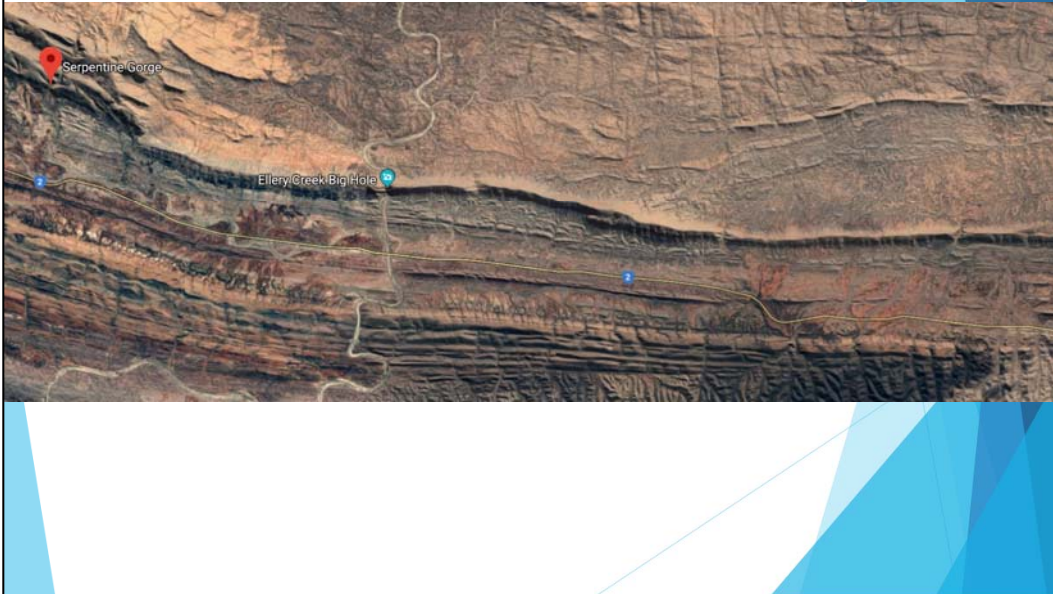
Background

- ▶ Year 7 expanded to 3 days in 2015
- ▶ Year 8 extended to 5 days in 2017
- ▶ It has its fair share of fun and adventure.
- ▶ This is part of a progression within the camps programs
- ▶ It will better equip you for Year 9 Endeavour of 9-days.

We went from a 3 day journey to a 5 day journey.

It has a wide range of adventure and activities – canoeing, biking, hiking, games, orienteering, craftnooning (water colours) and other nature-based activities.

Location – West MacDonnell Ranges



Following the movements of a group starting at Serpentine Gorge.

Day 1 – walk east, south of the range along the Larapinta Trail, heading into a river bed for camp half way between Serpentine Gorge and Ellery.

Day 2 – Camp to Ellery Gorge along the Larapinta Trail. Getting there generally in time for lunch. We will do a water proofing briefing here as camp is on the other side of the gorge! We carry our bags and potentially some extra equipment across on canoeing. So we spend the day after lunch learning how to do some basic strokes in the canoe then group up and take our gear across. Camping on northern side of gorge with Carbonara for dinner.

Day 3 – walking small distance to bend in river north of Ellery to a site called Range View. This is a nice day, jaffles and pizza and a bit more low-key. Spending time in nature, maybe riding some bikes in the afternoon for fun. Relaxing and getting our energy back from 2 big days.

Day 4 – Jump on some bikes to ride 12-14kms along a 4wd track running parallel to the range. Getting to camp in a beautiful large river bed.

Day 5 – following river south through a gap in range, heading out to the road to be picked up by the bus.

All sites have a camp pod – this includes all cooking, environment, and any gear required for that site. Students are only carrying a pack with their personal gear throughout the trip and maybe a small amount of group gear that helps them get from site to site (lunch equipment etc).

Adventure

- ▶ 5 days away
- ▶ Weeks 2 and 3 in Term 2
- ▶ 5-6 separate groups
- ▶ Some groups do have weekend days to fit into the timeframe
- ▶ Canoeing
- ▶ MTB
- ▶ Cooking
- ▶ Orienteering
- ▶ Walking



Lots of fun at Ellery – canoeing is generally a highlight of the trip
5-6 groups currently planned throughout weeks 2 and 3 of Term 2.
Take note of the group dates for your child on Operoo.

All specialist gear for activities or to camp out at provided by the College. Follow the equipment list carefully to make sure you have everything needed.



What to expect

- ▶ Atmosphere is simple, honest and happy
- ▶ Get in and have a go
- ▶ Year 8 has been one of the 'best' camps for students
- ▶ Simple lifestyle means simple food
- ▶ Physically demanding, but it is achievable
- ▶ Work together, where people matter most
- ▶ Above all fun!

Group leader experienced and qualified in working with young people in a remote setting.

Year 8 has one of the best menu's – Pizza, Carbonara, Souvlaki, Jaffles, Choc Ripple, Vanilla Slice.

Time will go quick out there and before you know it, it will be over. Try your best, engage with the activities fully, have fun!

Student responsibilities

- ▶ Be prepared and organised
- ▶ Willingness to learn and to contribute to the success of their group and their own learning
- ▶ Try new things and participate fully
- ▶ Respect for Self, Others and the Environment
- ▶ Responsible for their own safety
- ▶ Following College rules - behaviour, language, prohibited substances.
- ▶ Have fun!

Outdoor Education component of curriculum – schoolbox report at the end of the program will be based on these 3 respects, effort, and behaviour.

How can you respect yourself?

- Wear the right clothing – long pants and long shirt, hat, suitable shoes
- Drink water regularly
- Eat the food at each meal time
- Take up the challenges and have a crack
- Ask for help with anything if you need it

How can you respect others?

- Give them the space they need
- Sleep and allow others to sleep
- Offer help if you see someone struggling or having a tough time

How can you respect the environment?

- Dispose of rubbish or compost in the bins provided
- Stick to the paths when walking or riding

- Do not break off branches from trees and plants that are living
- Do not disturb or interfere with wildlife.



Clothing & Equipment

- ▶ The equipment list is comprehensive and specific
- ▶ The College will provide a lot of gear and equipment
- ▶ USE ISSUED SLEEPING BAG
- ▶ Please follow the guidelines in the information and equipment list
- ▶ Use sports bag for packing luggage and clearly label.

Engage with the equipment list, get organised early.

We provide all technical and specific gear, but we are limited in personal gear and sizing.

Sleeping bag – hopefully you have been looking after it, if you weren't here last year or didn't go on Year 7 camp – you can purchase a sleeping bag from accounts. This will be issued to the student on the morning of camp to then use and keep.











Students will arrive at school, they will then go through gear at the shed before departing. All gear going out will then be put into a College provided backpack. Any unnecessary gear will stay in their soft bag in the shed until they return.

Obtaining equipment

- Should be able to avoid large purchases
- Borrow from others
- Op-shops can be a good source for woollen jumpers
- *Lone Dingo*

LONE DINGO STUDENT PRICELIST
St. Philips Outdoor Program
2025

LONEDINGO
ST. PHILIPS OUTDOOR PROGRAM

THERMALS Sherpa Polypropylene \$25/ Wool \$93		WALKING BOOTS \$179 One Planet Cobbler, OR 15 % off any other style	
FLEECE JACKET \$68 Sherpa Premium Fleece Top		PASSAGE DINNERWARE SET \$33 Sea to Summit	
MERINO LITE HIKER SOCKS \$21 Sherpa		HEAD TORCH \$42 Black Diamond Astro	
BEANIES \$12 Sherpa Tenzig or Chokpa		WATER BOTTLE \$25 Nalgene Sustain 1000ml	
GLOVES \$21 Sherpa Fleece Glove		SAFETY WHISTLE \$10 Coghlans	

Lone Dingo have items at some good prices for our students – if you need anything particular and you can't borrow anything or the Op-shops can't help, Lone Dingo are great to source what you need.

Group Dates

- ▶ **Groups 1 and 2:**
Monday, 28 April to
Friday, 2 May
- ▶ **Group 3 and 4:**
Wednesday, 30 April to
Sunday, 4 May
- ▶ **Group 5 and 6:**
Monday, 5 May to Friday,
9 May



Current group dates.

ACTION REQUIRED:

- ▶ Information Night - tick
- ▶ Medical information updated on *Operoo* and consent for attendance given by 17 March 2025

▶ **Questions?**

Please update and verify your child's profile with as much information as possible and respond to the Year 8 Adventure form.

The earlier the better but by 17 March ideally.