

**YEAR 9 ENDEAVOUR COURSE 2021****Weeks 1 and 2, Term 3****IMPORTANT INFORMATION – PLEASE READ CAREFULLY****ACTION REQUIRED:**

Information Night – Wednesday, 17 February 2021 Medical information updated on *Operoo Portal* and consent for attendance given by Monday, 31 May 2021

Date Preference by Monday 5 April 2021 to
outdoor.education@stphilips.nt.edu.au

Dear Year 9 Parent/Guardian and Student,

Preparation is well underway for the Year 9 *Endeavour* Course, 2021. The nine-day program is designed specifically for students in Year 9 and is a significant educational experience. The Year 9 *Endeavour* Course is a key part of the College's philosophy and curriculum and has a proud and successful history. Many students count the journey-based program as one of the most significant experiences of their secondary schooling. The program is very well regarded throughout Australia and is unique in the Northern Territory.

YEAR 9 ENDEAVOUR COURSE

The course will occur during Weeks 1 and 2 of Term 3; Monday, 26 July through to Friday, 6 August. The expedition will be held in the Chewings Ranges, an adjunct of the West MacDonnell National Park and the surrounding area to the west of Standley Chasm. This unique 'vertebrae' of mountains and gorges lends itself well to the various challenging activities the students undertake. These activities include bushwalking, abseiling, rock climbing, a low-ropes course, navigation, swimming, and cooking. Year 9 *Endeavour* is a journey-based expedition; all groups (18-20 students each) move campsites each day and travel with all food, clothing and equipment in their packs.

Although the students learn a number of outdoor skills, the focus of the program is personal development through interaction with others. *Endeavour* aims to build confidence and resilience, raise self-esteem, increase initiative, encourage leadership and develop strategies that can be used successfully, individually or in a group. Through working in small, independent and self-sufficient groups, students are thrust into communal living, forcing them to cooperate with the environment, and with their peers. They are faced with challenges that provide them with opportunities for personal growth and the extension of their horizons.

The college expects that all students attend and participate to the best of their ability in all activities while on the program. If a student cannot attend, normal classes will not be provided by College. This needs to be emailed to outdoor.education@stphilips.nt.edu.au **by Monday, 5 April 2021.**

PROGRAM DATES AND GROUPS

Students will be placed into groups of even numbers, as much as possible, of boys and girls. **It is therefore imperative that date preferences are submitted on time.** Great care is taken in designing groups with a good mixture of personalities and strengths, taking into account students' friendship and social groups. We wish to create a successful dynamic that allows all students the opportunity to contribute and to succeed. Students are consulted about their groups in a limited way.

In Term 1, students will be offered the optional opportunity to choose a partner who will be placed in the group with them. They will not know who else is in their group until the day of their departure. This is to prevent group dynamics or issues developing prior to the program. Students are never changed between groups on the day.

Students will be informed of their allocated group departure dates and times early in Term 2.

Groups 1 and 2: Monday, 26 July to Tuesday, 3 August

Groups 3 and 4: Tuesday, 27 July to Wednesday, 4 August

Groups 5 and 6: Wednesday, 28 July to Thursday, 5 August

NOTE: Students attending *Endeavour* are **not required** to be at school during Weeks 1 and 2, prior to their groups departure day or when they return. Monday, 9 August is the first day of Term 3 classes for Year 9 students. If a student requires a placement in a particular dated group because of important commitments elsewhere, **please submit an email by the end of Term 1. You should expect a response by email.**

PARENT AND STUDENT INFORMATION NIGHT – all students should attend

An Information Night will be held on Wednesday, 17 February in The Minnamurra Hall at 5.30pm to 6.30pm. A copy of the presentation will also be available on the College website. Students will also attend an Endeavour Chat at school on **Friday, 25 June (Week 9 Term 2).**

EQUIPMENT LIST – PAGE 3

Please find attached a detailed equipment list so you may begin gathering the correct clothing and equipment early. Please refer to the list for important information and guidance. The correct equipment is essential. Students are asked to bring clothing and personal items. However, food, rucksacks, sleeping bags, sleeping mats, and shelters are supplied to ensure that all students operate in the same conditions and that appropriate equipment is used.

MEDICAL AND CONSENT INFORMATION

A Parent/Guardian will be required to update medical information online via the *Operoo Portal* **by Monday, 31 May 2021 – please submit earlier if possible.** Please complete carefully with as much detail as possible. Please email cphelp@stphilips.nt.edu.au or call 8950 4568 if you are having any difficulties with the Operoo Portal.

BUSHWALKING TRAINING OUTLINE

There is no doubt that the physical requirements for this journey will be challenging for some students. Therefore, a basic six-week bushwalking training outline has been developed for those who may be interested to implement in the lead up to the *Endeavour* program. This training outline is available on the school website under the Outdoor Education section.

GIRLS ON ENDEAVOUR

Female staff will meet formally with all Year 9 girls to assist with their understanding of practicalities on program and address any anxieties.

DUKE OF EDINBURGH'S AWARD

The Year 9 *Endeavour* Course also exceeds the minimum requirements for the Expedition component of the Bronze Duke of Edinburgh's Award, which was offered to students at the beginning of the term. Students will need to complete a report at the end of *Endeavour* or keep a personal journal to fully satisfy the requirements.

INTERNATIONAL EXCHANGE STUDENTS

Some important points for incoming international exchange students:

- Please study the equipment list prior to your departure as it will be easier for you to bring some of the key clothing items.
- Please organise payment beforehand or immediately upon arrival.
- Please fax (or scan and email) a signed copy of the Medical Consent Form before you leave or return it immediately upon your arrival. It must be signed by a parent or legal guardian.

I look forward to seeing you at the Parent Information Evening. In the meantime, please feel free to contact me at the College by phone or email if you have any questions.

Yours sincerely



David Atkins

Head of Outdoor Education

T: 08 8950 4511 | F: 08 8950 4522

E: outdoor.education@stphilips.nt.edu.au | Visit: www.stphilips.nt.edu.au



ST PHILIP'S COLLEGE

YEAR 9 ENDEAVOUR COURSE

Personal Clothing and Equipment List

This list contains the items required for the various conditions and activities you will encounter during the course. Depending on weather conditions you will use all or most of the items listed below. As the season during the course can either have hot/dry or cool/moist conditions, you need to be suitably clothed and equipped for both. **Please bring ALL listed items (except where indicated optional).** Much of the listed clothing and equipment is also suitable for the Year 10 and Year 11 programs.

Different people have different reactions to cold or wet conditions. Some people feel the cold very quickly; others remain comfortable in most conditions. Depending on how you feel in cold or wet weather conditions, you should choose to bring more or less of the optional warm clothing items. **If you feel the cold quickly, you should perhaps bring the optional long underwear, and choose a slightly thicker garment.** *Think carefully about your selection as you will be carrying it.*

In the interest of safety, students must come with all the correct clothing and equipment. Students without the correct clothing will not be allowed to attend.

WHAT TO BRING as you pack!

Rucksacks, shelters, cooking utensils and sleeping bags are all provided. You should bring hard wearing and durable clothing. All of the following items should be brought/worn on the day students depart.

WEAR ON THE DAY - you will begin Endeavour in these clothes

- 1 pair of cotton long trousers, not tight fitting, not track pants. *Hard Yakka* style trousers or cargo pants are ideal – **no jeans.**
- 1 strong, long sleeved collared shirt (old business shirts are ideal)
- 1 pair of comfortable boots or sturdy track shoes for hiking. Hiking boots **must be worn in.**
Blundstones and elastic sided boots are not suitable.
- 1 set of underwear (cotton preferably)
- 1 pair of long medium weight wool or wool/nylon mix socks e.g. *Explorers*
- 1 hat with brim for sun protection. No caps or straw hats
- 1 whistle on cord, to be worn around neck at all times
- lunch for the first day

MAIN ESSENTIAL ITEMS – in soft sports bag (no suitcases). Once issued with a backpack, this bag will be left at the Outdoor Education Shed.

- 1 sleeping bag issued to student from the school in Year 7
- 1 cold packed lunch and snacks (e.g. sandwiches) and morning/afternoon tea snacks for first day
- 1 set of thermal underwear (long sleeved top and leggings). Must be wool, polypropylene, or quality designed for outdoor use (**not cotton**)
- 2 jumpers, medium weight for general use. **Must be wool or quality outdoor fleece** – see note on page 4
- 1 pair of firm soled runners (for use in water). No Crocs or Speedo type shoes
- 3 pairs of medium weight wool or wool/nylon mix socks e.g. *Explorers*
- 3 sets of underwear (cotton preferably). Boxers are not recommended for abseiling – OK for other activities.
- 1 strong, long sleeved collared shirt
- 1 pair of shorts for swimming (board shorts are ideal)
- 1 beanie or balaclava (woollen or quality outdoor fleece)
- 1 roll of toilet paper in a sealed plastic bag
- 1 lightweight torch (LED head-torch is ideal with spare batteries)
- 1 lightweight eating bowl (preferably stainless steel or very strong plastic, no plates)
- 1 cup or mug
- 1 spoon (strong and sturdy – not disposable)
- 1 1L sports water bottle/personal drink bottle. Check for leaks, you will drink from this.

- 3 litres of water bottles (recycled soft drink bottles or fruit juice bottles are ideal). The bottles combined must add up to 3 litres (could be 3 x 1L or {1 x 2L + 2 x 1L etc}). These bottles will be used for group water and will not be used to drink directly from at any time. **Check and test they do not leak. Avoid brittle or fragile bottles. Clearly label.**
- 6 **extra heavy-duty Garden Multix** orange wheelie bin liners
- writing materials (pencil, pen, small notebook in waterproof plastic bag)
- toothpaste and toothbrush – **NO WET WIPES!**
- sunscreen and sun/wind protection cream for lips

OPTIONAL

- fly net (strongly recommended after 2019)
- insect repellent (**no aerosols please**)
- disposable waterproof camera or digital camera in a waterproof container
- 1 pair of woollen gloves or mittens
- gaiters (shoe and lower leg covering for prickles in socks)
- 1 waterproof jacket (**PROVIDED – if wishing to bring own, please see note below**)

DO NOT BRING

Parents are asked to ensure that students do not bring or pack pocketknives, sheath knives or knives with locking blades, iPods, phones, cosmetics, tobacco, alcohol, confectionery, soft drinks, or any other food, or any specialist gear. No money should be brought as the groups will never be near any shops. You do not need to bring a watch.

NOTES ON CLOTHING AND EQUIPMENT

EQUIPMENT CARE AND RESPONSIBILITY

Necessary camping equipment (packs, shelters, cooking utensils and sleeping bags) will be issued to students. The care and responsibility for this equipment will be the students, who will be expected to pay for the replacement if lost or damaged through irresponsible use. ALL CLOTHING AND EQUIPMENT SHOULD BE CLEARLY MARKED WITH YOUR NAME TO AVOID CONFUSION OR LOSS.

WOOLLEN CLOTHING (OR QUALITY OUTDOOR FLEECE)

Wool is by far (economically) the best fabric for staying warm in wet and cold conditions. It absorbs very little moisture and therefore continues to feel warm, and therefore, does not draw heat from the body to dry the fabric as cotton does. Check the label to make sure the garment is at least 70% wool. The two required medium weight woollen jumpers, are more versatile than one thick jumper.

Cotton absorbs up to 25 times its weight in water and is **TOTALLY UNSUITABLE** as a fabric in clothing intended to keep you warm in the outdoors. **DO NOT BRING** cotton 'sweatshirts', football jumpers, or tracksuit tops as substitutes for woollen pullovers.

There are many quality outdoor fleece fabrics which hold even less water than wool and are used to make thermal underwear and pile jackets. This material is ideal, but generally more expensive.

WATERPROOF JACKETS

These jackets will be provided, however, if you do wish to provide your own, the following should be used as a guide when selecting a jacket:

It must:

- have an effective hood that protects the head and face from rain and wind
- be **ABSOLUTELY** waterproof
- reach at least halfway down your thighs

OBTAINING CLOTHING

Many items can probably be found in the old clothes bag at home, or secondhand clothes shops. At times in the past, parents have brought their children special boots for walking, these are not necessary. If you feel it is necessary to buy anything expensive, you may wish to contact the Outdoor Education Department at the College for advice.

- **Lone Dingo (southern end of Todd Mall)** offers a range of equipment suitable for the College's Outdoor Education program - e.g. thermal underwear, quality outdoor fleece jumpers, waterproof jackets, boots etc.