

9th September 2024

Dear Parents,

The **Year 8 Outdoor Learning Programme** is designed to complement the Year 8 curriculum. That is, the programme helps form our approach for the boys to develop and build independence and further develop their self-reliance and learn resilience in the physicality of the camp. Importantly, the camp is to create awareness about life in an outdoor setting, which is safe and fun.

The Year 8 camp will take place from Monday 21st October to Friday 25th October. During this week all students will be on camp and no Year 8 classes will be running.

Over a 5-day journey, students will undertake a series of activities. Whilst navigating these activities, students will be sleeping in tents and/or hardtop accommodation (depending on option chosen), carrying their supplies in a backpack, cooking their food on a Trangia stove. Students will need to work cooperatively as a group, demonstrate resilience and determination as well as compassion for others and creative problem solving to complete this journey.

We recognize that students have different levels of ability and appetite for challenge. Your son has received a presentation on the camp options available and has been placed according to the online selection they made. An information evening was held with the camp providers on September 5th. A link to packing lists and additional information will be made available in term four. Please be aware that all school rules still apply while on camp. In the event of a serious breach of school rules, or injury, parents may be asked to collect students from camp.

	Option 1 – Strathbogie Ranges	Option 2 - Grampians	Option 3 – Gilwell Park
Provider	Aus Camp	Adventure plus Outdoor Education	Bindaree Outdoor Education Group
Location	Strathbogie Ranges	The Grampians National Park	Gilwell Park & The Warburton Ranges
Departure Time	Meet at the Flagpoles at 7.30 am	Meet at the Flagpoles at 7.15 am	Meet at the Flagpoles at 9.00 am
Level	Medium to Challenging	Medium to Challenging	Medium
	Base Camp (0 night) 4 nights in tents	Base Camp (1 night) Breeze Holiday Park in Halls Gap 4 nights in tents	Base Camp (2 nights) 2 nights in tents
Activities	Preparatory activities Abseiling + Canoe or Sail + Bike Journey - Hike	Preparatory activities Rock climbing / Abseiling Journey - Hike	Climbing Wall / Trust & initiative activities High Ropes Course / Preparatory activities Journey - Hike
Arrival Time	3.45 pm at Monash Gate	3.45 pm at Monash Gate	4.00 pm at Monash Gate

Please go to the school's on-line portal (*My Scotch Parents > Student Information > My Family Information and click display*) and confirm that your son's medical details and your emergency contact details are correct. Please provide your consent electronically for your son's involvement in the activities for the week. Pending consents are displayed at the bottom of your son's medical form.

Yours Sincerely,



Ms Karen Kimber
Teacher in Charge – Year 8 Outdoor Learning Programme



Scotch College

YEAR 8

STUDENT AND PARENT PROGRAM BOOKLET



Gilwell Park & Yarra state Forest

Monday 21st October to Friday 25th October 2024

CAMP DETAILS

EDUCATIONAL AIMS

- To empower students to develop personal and meaningful relationships with the natural environment, self and others that endure over time.
- Teamwork and collaboration.
- This program seeks to open boys' minds through challenging new experiences which drive them to question and explore the natural world around them

- To learn about the local indigenous community of the area in which they undertake this program.

LOCATION

Gilwell Park & Yarra State Forest

ACTIVITIES

Abseil, climb, high ropes, warrior course, flying fox, archery, bushwalking

DATES

Monday 21st to Friday 25th of October 2024

ACCOMMODATION

Cabins – Gilwell Park

3-person mobile tents – Yarra State Forest

TRANSPORT

Via 25 seat bus and coach.

Students please be at school by 9:00am on Monday morning for an 9:30am departure.

Students will be returned to school on Friday afternoon at approximately 3:00pm, pending traffic.

MENU AND FOOD

Bindaree Outdoor Education is responsible for the provision of all food for the program **except lunch on day 1**. Please note that Bindaree maintains a nut aware policy; we will not provide any items that contain whole nuts or traces of nuts on this program.

All dietary requirements must be recorded on medical forms. Bindaree can cater for any food allergies or intolerances with adequate notification, therefore you must inform your camp coordinator six weeks prior to the program.

MONEY

There is no need to bring any money on camp. Please bring everything you need for program as you probably won't have the opportunity to visit any shops.

MEDICINE

If any personal medication is required during this camp, please ensure it has your name on it and instructions on when to take it. Personal medication must be noted on your medical form and each student will be responsible for handing their medication to their school staff leader upon arrival at camp.

CLOTHING AND EQUIPMENT

In selecting clothes for camp please consider the weather, environment and all activities. Pack clothes that will protect you from the elements (i.e. sun smart and items you don't mind getting dirty). Leave your valuables at home and please limit yourself to one soft sided bag (not a suitcase) and one day pack.

LUGGAGE

Students should bring their personal belongings to camp in a soft sided bag. **Please no suitcases.**

CLOTHING CHECK LIST

Ü

1	Waterproof rain jacket & pants <i>(provided by Bindaree)</i>	
1	Set of thermals, top and bottom	
2	Jumpers, woollen or fleece	
3	Shirts, must have sleeves and avoid cotton	
2	Pairs of pants, avoid denim and cotton	
2	Pairs of shorts <i>(quick dry are best)</i>	
4	Pairs of socks, at least one woollen	
1	Beanie, woollen or fleece	
1	Sunhat	
1	Sunglasses	
1	Pair of walking boots or runners	
1	Small towel	
1	Set of travelling clothes to wear to and from camp	
	Underwear as needed	

EQUIPMENT ITEMS

Ü

1	Sleeping bag with hood	
1	Head torch with spare batteries	
1	Old tea towel	
2	Plastic bags for dirty or wet items <i>(shopping bags are best)</i>	
1	2L water bottle, or 2x 1L bottles	
1	Reusable plastic dinnerware including plate, bowl, mug, knife, fork and spoon <i>(no disposables)</i>	

PERSONAL ITEMS

Ü

	Personal medication as listed on medical form	
1	Sunscreen / insect repellent / lip balm	
1	Small personal first aid kit	
1	Toothbrush and toothpaste	
1	Roll of toilet paper in a snap lock bag	
1	Antibacterial hand sanitiser gel	
1	Small notebook and pen, <i>optional</i>	
1	Camera, book or cards, <i>optional</i>	

SLEEPING BAG HIRE

If required, sleeping bags may be hired from Bindaree. Please follow these steps:

- Visit www.bindareeoutdooreducation.com.au
- Select the '**What's in our packs**' drop down; and select **Gear Hire**
- This has a link to 'BOE GEAR HIRE FORM'
- Complete and email this form to Bindaree at admin@bindaree.com no **later than 2 business days prior to the commencement of camp.**

Any hired items will be provided to students once they have arrived to their program and must be returned to their Bindaree leader on the last day of program.

SOME GOOD PLACES TO SOURCE GEAR

Family and friends often have clothing and equipment you can borrow.

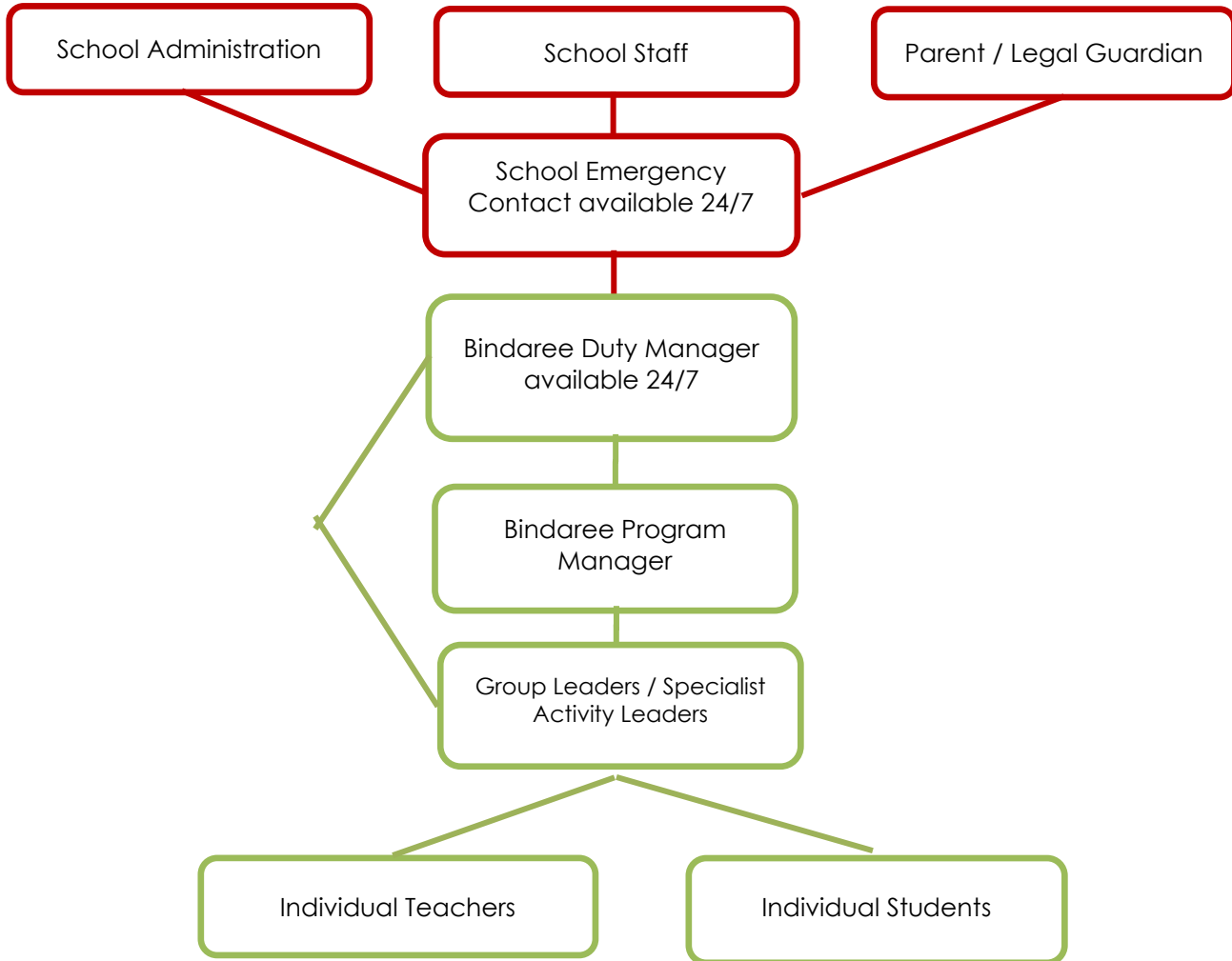
Opportunity shops and thrift stores.

Retail stores such as Anaconda, Kathmandu and Macpac etc. Be careful of 'up selling', you don't want to buy more than you need!

EMERGENCY COMMUNICATION PLAN

This plan has been designed to enable important information to be effectively passed to and from any individual or group operating in the field during program. This system has proved the most timely and reliable in keeping all parties updated.

EMERGENCY COMMUNICATION PLAN



SCHOOL EMERGENCY CONTACT

If a family member needs to get in touch with someone on camp, they should contact the Scotch College office on (03) 9810 4321. Outside of school hours contact details will be shared closer to the program.

CAMP MENU

Please note that your school camp coordinator will be sending Bindaree Outdoor Education (BOE) a list of participant details pertaining dietary and medical details. It is critical that parents/carers submit detailed dietary requirements through to the school camp coordinator as soon as possible. The BOE Catering Coordinator will audit all information to ensure details are thoroughly checked for accuracy. Once dietary requirements are identified please expect a phone call and/or email from the BOE Catering Coordinator.

Parents/Carers are to refer to the Menu Item Ingredient Master List for allergen references. This also includes our list of dietary substitution items. Please note that from time to time we will encounter supplier and availability issues. If the food item/s is not listed and supplied as a dietary substitute, rest assured that these items have been allergen checked and are safe to consume. For the safety and well-being of all participants during program Bindaree thanks you and appreciates your cooperation.

The menu posted over the page includes all menu items that will be provided by Bindaree. The menu items for Gilwell park will be confirmed closer to the program and communicated with Scotch staff and the relevant parties with dietary requirements.

	MONDAY / TUESDAY	TUESDAY / WEDNESDAY	WEDNESDAY / THURSDAY	THURSDAY / FRIDAY
	DINNER	0	0	M. SPAGHETTI CARBONARA
			Parmesan Cheese Peas, dehydrated Salami Stick Salt & Pepper Spaghetti Pasta UHT Cream ~ Broccoli ~ Garlic ~ Mushrooms ~ Onion - Brown	Butter Chicken Sachet Coconut Milk Powder Cous Cous Salt & Pepper Smoked Chicken ~ Broccoli ~ Capsicum - Red ~ Garlic ~ Onion - Brown ~ Zucchini
DESSERT & SNACKS	0	0	FRUIT SALAD W CUSTARD	FRUIT SALAD W CUSTARD
			Fruit Salad Custard, UHT	Fruit Salad Custard, UHT
	SNACKS	SNACKS	SNACKS	SNACKS
		Popcorn Sea Salt Rice Crackers	Pretzels Lollies	
BREAKFAST	0	0	M. PORRIDGE & PIKELETS	M. WEET BIX & PIKELETS
			Porridge Oats Fruit Spreads - Honey Spreads - Jam Tea/Coffee/Sugar ~ Pikelets	Cereal - Weet Bix Fruit Milk Powder Spreads - Honey Spreads - Jam Tea/Coffee/Sugar ~ Pikelets
LUNCH	0	0	M. TUNA WRAPS	M. SALAMI MB WRAPS
			Cheese Block Fruit Mayonnaise Sun Dried Tomatoes Tomato Paste Sachet Tortilla Tuna Vitafresh ~ Alfalfa ~ Carrots ~ Cucumber	Cheese Block Fruit Mayonnaise Salami Stick Sun Dried Tomatoes Tomato Paste Sachet Tortilla Vitafresh ~ Alfalfa ~ Carrots ~ Cucumber

INFORMATION

~ Please note that your school camp coordinator will be sending Bindaree Outdoor Education (BOE) a list of participant details pertaining dietary and medical details.

~ It is critical that parents/carers submit and update dietary requirements through to the school camp coordinator as soon as possible. Please ensure that dietary requirement descriptions are detailed.

~ The BOE Catering Coordinator will audit all information to ensure details are thoroughly checked for accuracy. Once dietary requirements are identified please expect a phone call and/or email from the BOE Catering Coordinator.

~ Parents/Carers are to refer to the Menu Item Ingredient Master List for allergen references. This also includes our list of dietary substitution items. Please note that from time to time we will encounter supplier and availability issues. If the food item/s is not listed and supplied as a dietary substitute, rest assured that these items have been allergen checked and are safe to eat.

For the safety and well-being of all participants during program BOE thanks you and appreciates your cooperation.

For a confidential discussion regarding dietary requirements, please contact the Bindaree Catering Coordinator

Name: Philip Abulencia

Email: philip.abulencia@bindaree.com

Mobile: 0455 554 508

Office Phone: 03 9720 9896

For a confidential discussion regarding dietary requirements, please contact the Bindaree Catering Coordinator, Philip Abulencia,
 Email: philip.abulencia@bindaree.com
 Mobile: 0455 554 508 Office Phone: 03 9720 9896

LOCATION

Gilwell park

Nestled amidst the picturesque landscapes of the Dandenong Ranges, Gilwell Park stands as a quintessential haven for outdoor enthusiasts and those seeking a retreat into nature's embrace. Located just 1-hour away from Melbourne's bustling CBD, Gilwell Park is renowned for its rich history and its role as a premier destination for Scouting and for outdoor education in the State of Victoria. Surrounded by lush greenery and flourishing flora, this idyllic setting offers a perfect blend of tranquillity and active adventure. Whether you are a Scouts enthusiast, an outdoor adventurer, or someone yearning for a peaceful escape, Gilwell Park beckons with its charm and the promise of an immersive experience in the heart of Victoria's natural beauty.

Yarra Ranges / Yarra State Forest

The Yarra Ranges, on the traditional Country of the Wurundjeri People is situated between Melbourne and the Victorian Alpine region. The Yarra Ranges National Park is a place of incredible views of the cool temperate forest. It is home to the world's tallest flowering tree, the Mountain Ash, which towers over lush tree ferns and mossy Myrtle Beech. Clear streams flow through the gullies which feed the Yarra River and major reservoirs from which Melbourne draws its drinking water.

ACTIVITIES

BUSHWALKING

Bushwalking is the original outdoor educational activity and still one of the best today. Bushwalking programs facilitate self-reliance, resilience and patience. The pace of students' lives will slow down and it teaches them that not everything in this world is instant and that the process of the journey is important and enjoyable. Students gain a respect for the land and an appreciation of the environment whilst learning practical transferable skills such as map reading and navigation.

ABSEIL AND CLIMBING

Rock climbing and abseiling certainly encourages students to stretch their comfort zone as they are faced with new physical and mental challenges. Our trained staff will provide the safety and expertise to facilitate and support everyone to reach their individual goals. Students will gain a new respect and trust in themselves, the equipment and their belay partners. Every activity is pitched to the age and experience of the individuals involved.

HIGH ROPES

The high ropes course tests your initiative, balance and courage to negotiate the multiple elements. High Ropes will push students out of their comfort zones and allow them to work as a team supporting and guiding each other through the course. A buddy checking system is used which makes this an excellent activity for developing communication between pairs and provides a challenging and shared experience for the group that's fun too! Qualified activity instructors facilitate the session and will set the students up with a harness, helmets and safety lines.

ARCHERY

Archery continues to be one of our favourite activities challenging the skills of both young and old with the use of a traditional bow and arrow aimed at a bullseye. The aim of this activity is to provide students with a new recreational experience, develop their psychomotor skills, and increase their self-confidence. Students get the opportunity to compete against each other and in teams, as they participate in a series of challenges and games.

FLYING FOX

The Flying fox is a 140m solo zipline adventure, cruising at speed before a gentle bungee stop. This is a test of participants' resilience and perseverance to step off the platform.

Warrior Obstacle Course / Gauntlet

The Gauntlet' is a 'Challenge by Choice' activity which gives each participant the choice in how they participate. The aims and objectives of 'The Gauntlet' are to provide participants with an appropriate level of challenge in a safe environment. These activities should be used to promote encouragement and support, help build confidence, help understand stress and fear and be a fun, positive experience for participants. The Gauntlet is conducted in group of three or more (three being the minimum number), in doing so this provides a great opportunity for groups to work as a team and at the same time ensuring the safety of each individual by stopping them, helping and encouraging them along the way. Teams will be sent off in five minute intervals with an instructor or group leader. Depending on time available, groups may have the opportunity to run through the course multiple times before having a shower at the end.

		Day 1			Day 2				Day 3				Day 4			Day 5					
GR	#	AM	PM		CAMP	AM		PM		CAMP	AM	Journey Start	PM	CAMP	AM	PM	CAMP	AM	Journey Finish		
1	15	Travel	Abseil	Climb	Gillwell Park	High Ropes	Warrior	Flying Fox	Archery	Gillwell Park	Group packing session and preparing for the journey	Shuttle Dowey Spur Rd.	Walk 7.5km	Starlings Gap	Walk Into history 16km		Warburton CP	Shuttle sussex street Walk 4km	Dee Road		
2	15		Archery	Abseil		Climb	High Ropes	Warrior	Flying Fox				Walk 8.5km		Warburton CP	Walk Into history 16km		Starlings Gap		Walk 7.5km	Dowey Spur Rd.
3	15		Flying Fox	Archery		Abseil	Climb	High Ropes	Warrior				Dee Road		Warburton CP	Walk Into history 16km		Starlings Gap		Walk 7.5km	Dowey Spur Rd.
4	15		Warrior	Flying Fox		Archery	Abseil	Climb	High Ropes				Dee Road		Warburton CP	Walk Into history 16km		Starlings Gap		Walk 7.5km	Dowey Spur Rd.

Travel to Warburton Transfer time: 35-55 minutes