9 May 2016

Dear Parent/Caregiver

RE: Year 10 (A) Outdoor Education Course

As part of the Year 10 Outdoor Education course, students are required to attend a three day Canoeing Expedition from Wednesday 01 June until Friday 03 June. This experience is aimed at giving students an exposure to canoeing, navigational and personal challenges, testing their outdoor living skills and their ability to apply the camp craft theory covered throughout the term whilst working cooperatively with their peers. Students will be assessed on the following IBMYP Criteria: B – Planning For Performance and C – Applying & Performing.

The trip will be led by Mr Jason Newton (Outdoor Education teacher), Mr Andrew Crichton and Ms Ruth Roberts of Canoe the Riverland, a qualified flat-water canoeing instructor and guide. The journey will take place in the Ral Ral Creek environs and the River Murray between Paringa and the Victorian border.

It is intended that students will plan for a “light weight” experience where weight minimisation strategies will be employed. Preliminary planning and preparation is an integral part of assessment. Students will be expected to complete a significant amount of fieldwork and undertake various responsibilities including provision and preparation of their meals, care of the environment and group cooperation.

Activity Format

- Maximum 3 days (two nights)
- Meet at 7:00 a.m. at the Middle Campus Outdoor Education shed.
- Depart Wednesday 01 June 2016
- Travel by bus to 835 Murtho Road.
- Collect tents, trangia, fuel, sleeping mats, compasses, maps, first aid kits and trowels from Mr Newton before packing canoes & commencing their trip.
- Return Friday 03 June 2016 by approximately 4:45p.m.
- Canoeing, Navigation, Geocaching, Environmental Studies and Outdoor Living Skills
- Location: Ral Ral Creek and the River Murray between Paringa and the Victorian Border
- Tent accommodation
- Small sub groups are to operate as a unit with indirect adult supervision

Each unit is to be responsible for:

- Food - Purchase and preparation.
- Equipment - What is needed and getting it all together. (Some of this will be supplied – tents, trangias, fuel, sleeping mat, japara, trowels, compasses, maps - but students are responsible for a portion of their own equipment and must therefore check their equipment list thoroughly.)
Food
As discussed in class the students must provide and cook their own food with their tent partner.
The Riverland is in the Fruit Fly Exclusion Zone. Please do not pack fresh fruit or vegetables to take on camp.
Large fines apply to those caught with banned foods.

Equipment
- A detailed list of equipment is attached and should be strictly adhered to.
- The school will be able to provide each student with 2 to 3 dry bags.
- Bring all gear to school in at least 2 ‘Super Strength’ orange garden bags (or similar). Double Bag your sleeping bag.

Waterproofing
- When paddling, all equipment needs to be waterproofed. There are a range of containers and dry bags available which are
designed to keep equipment dry. Dry bags can be purchased from most outdoor specialist stores and are practical, reliable,
easy to use and highly recommended. However, it is just as easy to waterproof equipment using plastic bags though not
always as practical or as convenient.
- Put the items into a plastic bag such as a garbage bag, squeeze out the air and twist the end, then tie it with a rubber band.
  Put this in a second plastic bag and tie the end as before.
- For extra protection it also helps to put this into a cloth / hessian / ‘fertiliser’ / thick plastic ‘potting mix’ bag to prevent tearing.
  Try to cover pointy edges which could tear the plastic and ensure there are no sharp objects in the boat.
- Double bag gear that must be kept dry such as your sleeping bag and thermals.

Route and Activities Plan
Wednesday 01 June: Meet at 7:00 a.m. at the Middle Campus Outdoor Education shed. Load the trailer before Mr Newton
drives students to 835 Murtho Road, for the start of our expedition. NMHS equipment will be handed over. Students will then pack their gear
and stow it into canoes. Activities on the way will include navigation, leadership and geocaching. On arrival at camp, students will set
up tents and prepare dinner. If conditions allow we will learn how to light a fire.

Thursday 02 June: Continue paddling in the Ral Ral Creek environs.

Friday 03 June: Pack up gear before paddling back to Murtho Forest Landing. Unpack and return all NMHS gear. Clean canoes and
load them onto the trailer. Mr Newton will then drive students back to Adelaide, stopping at the Waikerie Bakery on the way for lunch.
The aim is to arrive at the Middle Campus by approximately 4.45 p.m.

Transport
Students will travel to and from camp in the school’s senior campus Toyota bus driven by Mr Newton.

Medical
The attached OE contract, consent, medical and aquatics consent forms must be completed and returned to Mr Newton prior
to the trip. All leaders have current first aid certificates and a comprehensive first aid kit will be taken. Personal medication must be
provided by the student with details of the medication and possible spares given to the leaders.

Safety
Due to the nature of canoeing and camping in natural areas, there is some inherent associated risk of death or injury resulting from but
not restricted to immersion in the water, collision with other water craft, dangers posed by higher than normal river levels / faster water
flow / snags and strainers, insect & animal bites, burns from fire / cooking, exposure to weather extremes, falling trees and tree limbs,
cuts & abrasions. These can be minimised with safe and sensible conduct. You should, however, be aware of these risks before
allowing your child to take part. A number of strategies will be implemented to limit these risks.
These include:
- During class time students have undertaken training in canoeing, map reading & navigation, cooking, minimal impact, group work and camp planning.
- Small first aid kits will be carried by the group and the leaders will carry a well-stocked first aid kit.
- Use of modern, well-maintained school equipment designed for lightweight camping conditions.
- Staying in designated campsites.
- Leaders will carry tow lines.
• Staff will take emergency supplies of some food and equipment.
• Students will carry a compass, map and route plan.
• Mobile phones will be carried by staff.
• Staff have their Senior First Aid certificates.
• Canoes are well maintained and all paddlers will wear PDF’s.
• Students will not be allowed onto the water until a leader is present.
• Swimming is not allowed (unless there is a capsize!)

Electronic Devices
Mobile phones and other electronic devices such as MP3 players and the like may be taken on the bus BUT MUST NOT be brought on camp. OE is about students connecting with each other and the natural world and there is no better way of developing such understanding and respect than through first-hand experience rather than through a set of headphones! Students can leave these items on the bus at their own risk.

Behaviour
During the camp, students are expected to observe normal school rules and behavioural expectations. Please read through the attached Outdoor Education Contract carefully. This must be signed by both parent and student.

Failure to observe these requirements may result in the following consequences...
- Warning and / or confiscation
- Isolation from other students
- In extreme situations a student may need to be sent home. This will involve the parents/ guardian being contacted to collect the student.
  
  This may mean:
  - Exclusion from further school camps and excursions
  - Exclusion from this subject
  - Suspension or exclusion from school

Payment
You would have been invoiced $260 for the Year 10 Outdoor Education Course at the beginning of the 2016 school year. This must be paid in full prior to students going on camp. If this is difficult for you please contact Kathleen Wong (Finance Officer) at NMHS Middle Campus on 8365 0455 or Julie Ortlepp (Finance Officer) at NMHS Senior Campus on 8364 2299.

General Information
- Students: Please fill in your subjects on the ‘Notice of Absence’ then ask each of your subject teachers to fill in work that you will need to catch up on and sign.

Emergency Contact
In an emergency, contact the school on 8365 0455.
Please be aware of the activities to be undertaken on camp and the risks associated with these Outdoor Activities before you sign the consent to participate in this camp. If you have any concerns, please contact me at school.

Yours sincerely

Jason Newton               Jacqui van Ruiten
Outdoor Education Teacher           Principal
NORWOOD MORIALTA HIGH SCHOOL

YEAR 10 (A) OUTDOOR EDUCATION
RAL RAL CREEK & ENVIRONS CANOEING EXPEDITION

NOTICE OF ABSENCE

........................................................................................................... will be participating in the Year 10 (B) Outdoor Education Ral Ral Creek Canoeing Expedition from Wednesday 1 June 2016 to Friday 03 June 2016.

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