

22 May 2017



**NORWOOD  
MORIALTA**  
HIGH SCHOOL

Dear Parent/ Caregiver

**RE: Year 9 (B) Outdoor Education course**

As part of the year 9 (B) Outdoor Education course, students are required to attend a 3-day Bushwalking & Adventure camp from **Monday 05 June until Wednesday 07 June**. This experience is aimed at giving students an exposure to 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 Mrs Diane Mudie (Outdoor Education teacher) in combination with Mr Jason Newton, an experienced bushwalking instructor. Mr Ryan Tripney and/or Mr Ray Prideaux will take small groups of students mountain-biking on Tuesday. The journey will take place in the Jupiter Creek / Kuitpo forest region, south of Adelaide and will mainly follow the Heysen trail. The High Ropes course will be held at Mylor and run by Mylor Baptist Camp Instructors.

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.

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[www.nmhs.sa.edu.au](http://www.nmhs.sa.edu.au)

**ENRICHING  
HUMANITY**

**Activity Format**

- Maximum 3 days (two nights)
- **Meet at 7:30 a.m. at the Middle Campus Outdoor Education shed.**
- **Depart Monday 05 June 2017** (after NMHS equipment has been distributed) as near to 9:30 a.m. as possible
- Travel by bus
- **Return Wednesday 07 June by 4:45 p.m.**
- Bushwalking, Mountain Bike Riding, High Ropes Course, Navigation, Environmental Studies and Outdoor Living Skills
- Location: Along the Heysen Trail – from Jupiter Creek, via Rocky Creek & Chookarloo to Woodcutter’s – Kuitpo Forest. The High Ropes Course will be conducted at Mylor
- 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.** (Much of this will be supplied but students are responsible for a portion of their own equipment and must therefore check their equipment list thoroughly.)

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## Equipment

A detailed list of equipment is attached and should be strictly adhered to.

**Bring all gear to school in at least 2 'Super Strength' orange garden bags (or similar). On arrival at the trail head we will distribute rucksacks and our first activity will be to pack these.**

## Route and Activities Plan

**Monday 05 June:** Drive to trail head (between Mylor and Echunga) for the start of the walk. Hand out school gear. Pack rucksacks. Walk to Rocky Creek Hut via the Heysen trail where we will camp for the night. Activities on the way will include navigation, leadership, exploring the Jupiter Creek Mine Adit. Depending on time and conditions we may also search for a geocache, build an emergency shelter and/or conduct a search and rescue. On arrival at camp, students will set up tents and prepare dinner. If conditions allow we will learn how to light a fire. Night time activities may include orienteering and night time navigation techniques.

**Tuesday 06 June:** Students will complete an easy orienteering course after breakfast. At the completion of this activity students will strike tents and pack rucksacks. The group will walk, independent of teachers, to Dashwood Gully Road via the Heysen trail. They will then walk to Mallawa Road. In small groups of three or four, navigate their way to meet staff at Chookarloo campground for lunch. After lunch students will go mountain biking through forest trails with Mr Tripney or Mr Prideaux. Bus students to Woodcutter's Cottage. Set up camp and cook dinner. Complete a Night Orienteering course that night.

**Wednesday 07 June:** Students will pack up and return all school gear to Mrs Mudie. They will then undertake some group challenges before pacing the trailer and driving to the bakery where students may purchase lunch before proceeding to Mylor Baptist Camp. Students will then take on the High Ropes Adventure challenge, conducted by Mylor Baptist Camp Instructors. This activity is scheduled to run from 12:30 a.m. to 3:30 p.m. At the conclusion of this activity we will travel back to NMHS Middle Campus to arrive by approximately 4:45 p.m. Students will then unpack the trailer, hang tents and put away school gear.

As you will note from this summary there are times when students will be walking independently of staff. This gives students the opportunity to work together as a group, to be self-reliant, develop independence and to make decisions re where to go. This is a populated area surrounded by many main and secondary roads and students will be given a safety bearing, have clear instructions as to where to meet and what to do in an emergency and will be able to contact staff via mobile phone.

## Transport

Students will travel by the school's bus driven by Mrs Mudie.

## Food

As discussed in class the students must provide and cook their own food with their tent partner.

## Medical

**The attached consent and medical form must be completed and returned to Mrs Mudie 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 bushwalking and camping in natural areas, there is some inherent associated risk of death or injury resulting from but not restricted to 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:

- Staying in designated campsites with the option of using huts should the weather deteriorate.
- Use of modern, well-maintained school equipment designed for lightweight bushwalking conditions

- A car and bus will be available at camp to transport students in an emergency.
- Staff will take emergency supplies of food and equipment.



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- Students will all carry a compass and will know the safety bearing to take them to the nearest main road.
- During class time students have undertaken training in map reading & navigation, cooking, minimal impact, group work and camp planning.
- Mobile phones will be carried by staff. Phone coverage is reasonable especially from the top of hills.
- Hikers' first aid kits will be distributed throughout the group and we will have access to a well-stocked first aid kit at camp.
- Staff have their Senior First Aid certificates.
- Bikes are well maintained and all riders will wear helmets, gloves & safety vests.

### Electronic Devices

Student may have their mobile phones whilst on the bus. These, however, will be required to be handed in to staff prior to the walk. Several students will receive their phone back on day 2, during the self-reliant component of the camp, as they are part of our safety plan. Other electronic devices such as MP3 players and the like must NOT be bought on camp. OE is about student 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!

### 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*

### 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 or **Kuitpo Forest Head Quarters** (Open 9am – 11am 7days) Phone: (08) 8391 8800. They will have details of our activities but should only be contacted in an extreme emergency.

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..

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Yours sincerely



Diane Mudie  
Outdoor Education Teacher



Jacqui van Ruiten  
Principal



# LIGHTWEIGHT BUSHWALKING & ADVENTURE CAMP

## NOTICE OF ABSENCE

..... will be participating in the Year 9 (B) Outdoor Education Lightweight Bushwalking & Adventure Camp from Monday 05 June to Wednesday 07 June 2017.

	SUBJECT	WORK TO BE COMPLETED	TEACHERS SIGNATURE
PLG			
PLP			
1	Maths		
2	English		
3	Science		
4	Humanities		
5	Language		
6			
7			

