

REDLANDS

LET YOUR LIGHT SHINE



Year Six Camp 2015

Monday 11th May – Friday 15th May



Canberra



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Dear Year Six Students,

In Term Two Year Six students will travel to Canberra for our annual camp. This is always a highlight of the year and a wonderful opportunity to build friendships and take on new challenges. The camp we offer is a happy mix of urban and natural environments with many unique opportunities for exploration and personal growth.

Linked to our study of Federal Government we will visit the National Capital to observe Parliament in action. While in Canberra we will visit:

- National Art Gallery
- Institute of Sport
- War Memorial
- Parliament House
- Questacon

During this time you will work with your fellow students to expand your understanding of the role played by Canberra as the nation's capital and seat of Australian Democracy. You will also gather information that will help you explore aspects of the sciences and art. The Canberra component of our camp is intertwined with our Outdoor Education Programme allowing you to experience a mix of academics and physical activity.

Our base for the week are the campgrounds and centre based facilities of Camp Cottermouth. The focus here is on enjoying the natural beauty of the Australian bush while being challenged by a variety of adventure sports. This programme will be supported by staff from Outdoor Education Group and will include a mix of cycling, environmental exploration, initiatives, art and two nights under canvas.

Our campsite for these two nights is in the vicinity of Cotter Creek Dam on the outskirts of Canberra. Canberra's proximity to the bush means we can readily transition from our study of parliament to engagement with the outdoors while having the security that comes from being close to the services of a major city.

Not only will the days be filled with excitement and challenge, but they should also give you a chance to build your confidence with the things you do and the people you do them with. The program is not an entertainment centre but a slice of real life. Here you will be asked to take on responsibility and make decisions that affect your daily life and that have real consequences. You will find out what it is like to be independent. You may even discover a passion for an outdoor pursuit like hiking, camping outdoors, or even just adventure. Most important though, it may show you that the most valuable things in real life are simple, non-material and have a lot to do with people you share your life with.

Full information, packing lists and medical forms required for specific needs are online
www.redlandsyear6.net/camp

Yours sincerely,

Nigel Coutts
Year 6 Coordinator

Martin Philpott
Coordinator of Outdoor Education Programs

IMPORTANT INFORMATION



Monday 11th – Friday 15th May 2015

Departing Cremorne 8:30 am

Roll Call at 8:10 am

Returning 4:30 pm

GROUPS

While in Canberra you will spend most of your time with your class and class teacher aided by additional Redlands teachers you have met during your time at Camp. This will vary on a daily basis depending on the group size required for each venue.

For the Outdoor Education component you will be in a Camp Group of 15 students with a Redlands Teacher and a Group Leader. Your Group will remain together for the duration of the Program and will be with the whole group for community activities.

Tent and room groups will be formed on the basis of friendship forms you complete at school with the aim being to ensure every student has at least one nominated companion.

ACCOMODATION

Camp Cottermouth

Our Camp Site is located at Kangaroo Flat near Cotter Dam approximately 15km from Black Mountain and with an area of 50 acres. The camp includes modern hut style accommodation with generous communal areas, kitchen and dining hall. Located close by is ample campgrounds with level sites and easy access to facilities.

Students will spend two nights in tents and two in the centre. Meals for one night will be prepared as a camp group using camp stoves, all other meals will be prepared by the centre staff.



CURRICULUM

In Canberra the focus is on developing an understanding of the structure and operation of Federal Parliament. In addition we will visit Questacon to explore science, The National Gallery for art, War Memorial for history and visits to Institute of Sport and Museum of Australian Discovery will ensure a well-rounded trip.

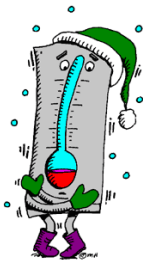
A highlight for many students is the opportunity to visit the Roll of Honour at the War Memorial and locate the name of a relative or family friend who represented Australia. Some research before hand to identify the details of Service, Division, Brigade, Regiment, Ship and Conflict can make the process of locating a name much more accurate.

While in the bush each Group Leader has a number of activities to assist you not only through the bush, but in learning about yourself as well as others. In this program, Redlands has chosen to focus on **RESPECT & RESPONSIBILITY** as well as a more specific focus on **SELF IDENTITY** and **TEAMWORK**

During our camp days you will visit the near by Stromlo Forest Park. This is a purpose built Mountain Biking facility that offers a range of tracks and trails range from absolute beginner through to highly advanced. Your camp will include canoeing and climbing activities to provide varying levels of challenge and excitement.

A focus of this years camp is the overnight camping which for some students will be their longest time spent in a tent. This experience is valuable in building confidence in an outdoor education environment. You will learn how to establish a suitable campsite and take care of your cooking needs for the two nights.

CLOTHING AND EQUIPMENT LIST



Follow the equipment list carefully. Do not leave anything behind as you will compromise your comfort and SAFETY.

Students will need to wear school PE Uniform on the day their group is at Parliament House. As it is likely to be cold they will need their school tracksuit and may choose to wear a school fleece but not a special sporting group fleece.

Weather conditions during camp may not be ideal and sensible selection of clothing materials can make a difference here. **Be prepared for rain**, as activities will go ahead regardless. Outer-ware made of wool or polarfleece will keep you warm and comfortable even when wet. A good **water-proof jacket** is essential and this should be made from a breathable fabric for comfort. Additional Waterproof gear will be provided by OEG for overnight camps.

Sun sense is an important consideration and you must bring sunscreen and a good wide-brimmed hat. Long sleeved shirts for the bush-walk and campout will protect your arms during long days in the sun. **Singlet tops are not allowed.**

You will need to have shoes for the bush-walk and camp-out plus a pair of shoes that can get wet and muddy in the river.



Clothing and Equipment for Camping

Please read this book carefully!!! It is vitally important, both from a point of view of SAFETY and YOUR ENJOYMENT, that you take with you everything that is on this list and of course you don't take things that are not on the list.

The equipment and clothing list has been based on many years of experience and development. PLEASE TAKE HEED OF IT! If there is anything that you do not understand or are having trouble finding, talk to your friends, your teachers and your family.

In a nutshell, all your clothing and equipment needs to serve 5 basic functions:

- It must keep you warm.
- It must keep you and keep your gear dry.
- It must be light. You need to carry it yourself, you will not be able to wheel it
- It needs to be suitable for a range of weather conditions.
- It will be cold at times and it might be wet

When you are packing keep all of these things in mind. For example, an enormous puff jacket might be warm, but it will be heavy, and will not go well in the wet. The better option would be 3 thin woolen jumpers, which are lighter and more versatile.

You will learn more about packing for Camp at our Pre-Camp Briefing early next term.



Please mark your name on all items.

DAY ONE – WHAT TO WEAR

Dress in neat casual clothes for day one and the bus trip. Be prepared for cooler weather on arrival in Canberra and at our rest stop. You must wear closed-toe shoes.

Groups 1 to 4 must wear PE Uniform for Monday
Students in groups 1-4 will be advised of this in the week before camp

OUTDOOR EDUCATION PROGRAM CLOTHING

2 Thin woollen jumpers or fleece	1 pair per day (max) of thick socks e.g. Explorers
1 set of thermals (top and bottom)	1 pair per day (max) of underwear
2 long sleeved collared shirts.	1 broad brimmed sunhat (cotton)
3 T-shirts	1 pair sturdy running shoes or walking boots
2 pair long pants (see notes)	1 spare pair of shoes
2 pair shorts	Small Towel
1 Beanie	1 Pair sunnies
1 Pair warm gloves	

Camping Equipment

1	Day Pack
1	Sleeping bag
1	Small lightweight torch, 2x batteries and spare globe
3	Strong large garden tidy plastic bags (orange ones)
1	Plastic bowl, mug, fork & spoon
2	1 Litre Water bottles.
1	Cleaning kit (in plastic bag) - 1 scotchbrite, 4 Jex Pads, tea-towel
1	Whistle on cord

Personal Items

Any personal medication e.g. Ventolin, allergy medication (make sure this is on your medical form)	
Toiletries - comb/brush, toothbrush, toothpaste	
Sunscreen and lip balm	
Toilet paper in two snaplock plastic bags	
High energy munchies - Trail mix - dried fruit, chocolate, jelly beans, no wrapped lollies. OEG has no obvious nut products on all programs, please assist us in keeping the trip a nut free environment by not bringing any as snacks.	

Optional Equipment

- Camera in 2 plastic bags, or compact waterproof camera
- Book to read
- Insect repellent
- Diary/journal for writing (include a pen!)



Outdoor Education Group ISSUED EQUIPMENT

You will be supplied with the following equipment:

- Waterproof Japara jacket and over pants
- Stove and fuel bottle
- Sleeping Mat
- Maps and Compass
- Tent
- Safety Equipment
- All activity equipment

DO NOT BRING THE FOLLOWING

- Mobile Phones
- iPod/ MP3/ Mini Disk etc
- Wrapped lollies
- Electronic Games (eg Nintendo)
- Any items that are against normal school rules

Note to parents: Please do not allow your child to bring any of the above items, especially mobile phones. We have experienced difficulty in the past with phones being lost/damaged etc. The school organises the best possible communication system (eg radio/phone/sat phone), and in the event of any situations/incidents, to prevent any confusion or double messages it is vitally important that the official communication methods are the only means used.

Full details of emergency contacts for use during the camp period will be sent home in the days prior to departure.

