



OUTDOOR & ENVIRONMENTAL STUDIES 2013

The following includes information about the safety and well-being of your child while on Adventure Based Field Trips – Please read carefully.

Dear Parents and Guardians,

Your child has chosen to study the Outdoor & Environmental Studies (OES) option class for 2013. Studying this subject your child will undertake many exciting adventures and develop their understanding of themselves, their classmates and the natural world through adventure based learning.

The subject is centred on the idea of experiential learning (learning by doing). We undertake several field trips each term through which the students will develop skills in various outdoor activities including bushwalking, kayaking, white water rafting & rock-climbing and others. Much of the subject is also based on teaching environmental understanding including developing an appreciation of the unique Tasmanian environment and our place within it.

Throughout this course the students will be involved in many challenging activities that will at times push their limits of self-understanding and how they relate to themselves and their peers, as well as how they feel connected to the natural world. The activities will develop team work and leadership skills in a challenging environment.

Due to the nature of OES, at times the subject can be demanding and challenging, and as such requires extra commitment from the students and their families to succeed in the subject. We hope that all students will have a great time learning and growing through the many exciting adventures.

To minimise the impact on the student's other subjects as much as possible, the field trips will occur during OES class time. However, due to the nature of many of the trips, it is impossible to undertake them in the 100 minutes of a double period. As a result, on some occasions, we will need to take students out of other classes. It is the **student's** responsibility to communicate to their other teachers about work they need to catch up on when these classes are missed. Every attempt has been made to minimise this impact and so most overnight trips, will occur over the weekend. The trip dates are included below. If these trips ever clash with prior family arrangements it is important to let us know ASAP so we can discuss the options.

It is important to realise that these trips make up the majority of the assessment of the subject and also cost the school a substantial amount – therefore it is compulsory that all students attend ALL field trips.

The school has invested a considerable amount in offering Outdoor & Environmental Studies to Grade 9 and 10 students, as running a course such as this necessitates a significant amount of time in the field, requires specialist equipment and instructors. The majority of the cost of the OES course is covered by the College (approximately \$1500 per student) however families are asked to also contribute through the Outdoor Education Levy of \$250. The levy should be paid to the School Office prior to Friday 22 February.

To gain the most from these experiences we will often return to school after 3:20pm, and the students will need to organise lifts home outside of the normal school hours. The students will be supervised at all times until a responsible adult arrives to take them home. If appropriate, students can be dropped home or at a Parent/Guardians workplace if a signed note is provided stating the reason and drop off point. Approximate return times are included in the list below. Students will be able to access the OES mobile phone or their own phone to contact parents if return times are ever different from advertised.

There will also be several occasions each term in which we will go on an overnight trip occurring over the weekend (see below for all trip dates). All these field trips are a compulsory component of the course as they will make up part of the assessment requirement. If a student misses any of these field trips they will need a doctor's certificate and a written letter from the parent/guardian stating the reason the trip was missed. Alternate arrangements will then be made for assessment. However as stated, all these trips are compulsory.

Classroom study is largely based around the experiences we have and the things we learn about on the trips. Many of the assessment tasks are based around the experiences and data we collect while on the trips. If a student misses more than two or three field trips it will be difficult to pass the subject.

Whilst all of the activities we undertake in Outdoor & Environmental Studies are exciting and rewarding they do involve elements of risk. All instructors are highly trained in various outdoor activities as well as Wilderness First Aid and are more than competent in dealing with any event that we may encounter. All risks are managed using a comprehensive risk management system. When undertaking such activities it is integral that all students are on their best behaviour and we reserve the right to refuse participation in any activity if we deem that a student's behaviour is unacceptable or dangerous. If this is the case the parent/guardian will be called to come and collect the student who is behaving inappropriately.

We are more than happy for continual contact with parents/guardians about any aspect of the course and the various field trips, and we encourage correspondence with parents/guardians at all times. Please include your preferred contact number (and contact time: BH or AH) and email address below and I will attempt to contact all parents over the first few weeks to have a chat about the requirements of studying Outdoor & Environmental Studies at Sacred Heart College.

Attached is a medical and asthma management form (the asthma form is only required if the student has asthma) as well as permission form for all the single day field trips. Overnight camp permission forms with more detailed information will be sent home with students as well as via email prior to each trip. It is important that these forms are filled out and returned as soon as possible as students will not be able to participate in the field trips without these forms being signed.

We are looking forward to a rewarding and exciting year in Outdoor & Environmental Studies in 2013

Yours Sincerely,

Matt Conolan – Outdoor & Environmental Studies Co-ordinator



Contact: mconolan@shc.tas.edu.au

School Phone: 62794090 or 0448734845

Equipment you will need for Outdoor & Environment Studies.

You will need some personal items throughout the year. If you are unable to buy or borrow any of this gear, please come and speak with me as you may be eligible for support or you might be able to borrow it from the school. The gear is listed in order of priority.

Gear you need for Outdoor & Environmental Studies this year.

- Sturdy walking boots. Should protect your ankles and be lace up.
- Thick bushwalking socks (explorers or the like)
- Raincoat with hood. Gortex or Japara. Try to avoid the coats with flannel lining (they are useless when wet!) and spray jackets (don't work in extreme wind and rain)
- Sleeping bag (preferably a bushwalking one, no more than 3kg in weight and can squash down to about the size of a waste paper basket (30cm x 30cm x 40cm). Rated to -5°C this will be important for the alpine overnight walking trips.
- Head Torch (small and light)
- Polypropylene Thermal underwear. Top and bottom. Do not get cotton it is not warm when wet. Ask for polypropylene underwear at the camping store.
- 2 Warm jumpers. Polar fleece is ideal. Wool is also great.
- Beanie and gloves - must be polar fleece or wool. (Acrylic and cotton are cold when wet – check the label!)
- Drink bottles.
- Sunhat.
- Old Sneakers – ‘Voleys’ are really good for water activities.
- Bushwalking Gaiters – to protect from snake bite and stop mud/snow in the boots.

If you know someone in the other class (year 9 or 10) then maybe you could share gear. Ask around maybe a relative or friend has a sleeping bag or raincoat you can borrow. **If you have tried everything and you are unable to obtain this equipment, don't panic! We have some equipment that students can borrow.** Remember to contact your OES teacher and we will make appropriate arrangements.

Grade 9 - Outdoor & Environmental Studies Field Trips 2013

This can be put on your fridge or notice board to refer to throughout the year (some dates may change – prior notice will be given)

Grade 9 Outdoor & Environmental Studies Term 1			
Date	Field Trip	Description	return time
22/2/13	FT1	Walk on Mount Wellington 10:45am – 5:00pm (miss other classes P3 & P4)	5:00pm
8/3/13	FT2	Walk to Lost World – Mt Wellington 12:05 – 5:00pm	5:00pm
5/4/13	FT3	Walk from Summit of Mount Wellington – practice walk with full O'Night packs 10:45 – 5pm P3 –P6 (miss classes P3 & P4)	5:00pm
19-21/4/13	FT4 3 Day walk (Weekend)	O'night walk – Tasman Peninsular (Fri/Sat/Sun) Depart 1:30pm (First 2 days of Holidays)	6:30pm - 21/04/2013

Grade 9 Outdoor & Environmental Studies Term 2			
Date	Field Trip	Description	return time
7/5/13	FT5	Mountain Bike Skills 1 – Giblin Street Oval 12:55 – 3:20	3:20pm
17/5/13	FT6	Mountain Bike Skills 2 – Giblin Street Oval 12:55 – 3:20	3:20pm
31/5/13	FT7	Mountain Bike Ride 3 – Pipeline Track Mt Wellington 10:45 – 4pm (miss periods 3 & 4)	4:00pm
18/6/13	FT8	Sea Kayak 1 12:05 – 4:30pm (miss period 4)	4:30pm
28-30/6/12	FT9 3 Day trip (Weekend)	Sea Kayak & Mt Bike Ride – Bruny Island Depart 12:55pm	5:00pm 30/6/13

Grade 9 Outdoor & Environmental Studies Term 3			
Date	Field Trip	Description	return time
30/7/2013	FT10	Tasmanian Aboriginal History Risdon Cove 12:55pm – 4:30pm	4:30pm
13/8/13	FT11	Trip to Ridgeway native plant nursery 12:55 – 3:20pm	3:20pm
6/9/13	FT12	White Water Rafting 1 – Full Day Trip – Picton River 9:05 – 5pm	5:00pm
13-14/9/13	FT13	Raft Camp – Huon/Picton Rivers	5:00pm 14/9/13

Grade 9 Outdoor & Environmental Studies Term 4			
Date	Field Trip	Description	return time
1/11/13	FT14	Abseil 1 – Blackmans Bay 12:55 – 5:30	5:30pm
15/11/13	FT15	Climbing – Waterworks Quarry 12:05 – 4:30pm	4:30pm
19/11/13	FT16	Climbing/Abseil – Mnt Wellington – Lost World 10:45 – 4:30pm	4:30pm
29/11/13 – 1/12/13	FT17 3 Day Trip (weekend)	Sea Kayak & Climbing Camp – Freycinet National Park Depart 9:05am	5:30pm 1/12/13

Grade 10 Outdoor & Environmental Studies Field Trips 2013

This can be put on your fridge or notice board to refer to throughout the year (some dates may change – prior notice will be given)

Grade 10 Outdoor & Environmental Studies Term 1			
Date	Field Trip	Description	return time
21/2/13	FT1	Bushwalk - Icehouse Track - Mnt Wellington 9:05 – 1:40pm	1:40pm
7/3/13	FT2	Navigation/Orienteering – Waterworks reserve 9:05 – 1:40pm	1:40pm
15 – 17/3/13	FT3 (weekend)	Overnight Walk – Waterfall Bay – Fortescue Bay Depart: 9:05	5pm 17/3/13
8/4/13	FT4	Mountain Bike Skills 1 – Giblin Street Oval 12:55 – 3:20pm	3:20pm
18/4/13	FT5	Mountain Bike Ride – Pipeline Track – Mnt Wellington 9:05 – 1:40pm	1:40pm

Grade 10 Outdoor & Environmental Studies Term 2			
Date	Field Trip	Description	return time
30/5/13	FT6	Sea Kayak 1 9:05 – 1:40pm	1:40pm
7 – 10/6/13	FT7 (weekend)	Sea Kayak/Bushwalk – Lake St Claire Depart 12:55pm – 7/6/13 (Weekend & Public Holiday)	5:00pm 10/6/13
21/6/13	FT8	Rock climbing – Waterworks Quarry 12:55 – 4:30pm	4:30pm

Grade 10 Outdoor & Environmental Studies Term 3			
Date	Field Trip	Description	return time
29/7/13	FT9	Abseil – Blackmans Bay 10:45 – 4:30pm	4:30pm
8/8/13	FT10	Abseil 2 & Caving – Lost World – Mnt Wellington 9:05 – 3:20	3:20pm
22/8/13	FT11	Raft 1 – Huon River 9:05 – 4:00pm	4:00pm
9/9/13	FT12	Raft 2 – Picton River	5:00pm
20 – 23/9/13	FT13 (weekend)	Overnight Raft & Caving Camp Mersey River & Mole Creek Caves Depart: 3:20 – 20/9/13	5:00pm 23/9/13

Grade 10 Outdoor & Environmental Studies Term 4			
Date	Field Trip	Description	return time
23 – 27/10/13	FT14 (Show week holiday & weekend)	Overnight Camp – Cradle Valley & the Tarkine Cradle mountain Canyon & Off track navigation in the Tarkine Rainforest 5 Day trip (over show week holiday) Depart 9:05am 23/10/13	5pm 27/10/13
4/11/13	FT15	Surfing 12:55 – 5:00pm	5:00pm

Outdoor & Environmental Studies - Grade 9 Permission Form 2013

Please sign in agreement (on reverse) for your child to attend the trips on the following dates

Grade 9 Outdoor & Environmental Studies Term 1			
Date	Field Trip	Description	return time
22/2/13	FT1	Walk on Mount Wellington 10:45am – 5:00pm (miss other classes P3 & P4)	5:00pm
8/3/13	FT2	Walk to Lost World – Mt Wellington 12:05 – 5:00pm	5:00pm
5/4/12	FT3	Walk from Summit of Mount Wellington – practice walk with full O'Night packs 10:45 – 5pm P3 –P6 (miss classes P3 & P4)	5:00pm
19-21/4/13	FT4 3 Day walk (Weekend)	O'night walk – Tasman Peninsular (Fri/Sat/Sun) Depart 1:30pm (First 2 days of Holidays)	6:30pm - 21/04/2013

Grade 9 Outdoor & Environmental Studies Term 2			
Date	Field Trip	Description	return time
7/5/13	FT5	Mountain Bike Skills 1 – Giblin Street Oval 12:55 – 3:20	3:20pm
17/5/13	FT6	Mountain Bike Skills 2 – Giblin Street Oval 12:55 – 3:20	3:20pm
31/5/13	FT7	Mountain Bike Ride 3 – Pipeline Track Mnt Wellington 10:45 – 4pm (miss periods 3 & 4)	4:00pm
18/6/13	FT8	Sea Kayak 1 12:05 – 4:30pm (miss period 4)	4:30pm
28-30/6/12	FT9 3 Day trip (Weekend)	Sea Kayak & Mnt Bike Ride – Bruny Island Depart 12:55pm	5:00pm 30/6/13

Grade 9 Outdoor & Environmental Studies Term 3			
Date	Field Trip	Description	return time
30/7/2013	FT10	Tasmanian Aboriginal History Risdon Cove 12:55pm – 4:30pm	4:30pm
13/8/13	FT11	Trip to Ridgeway native plant nursery 12:55 – 3:20pm	3:20pm
6/9/13	FT12	White Water Rafting 1 – Full Day Trip – Picton River 9:05 – 5pm	5:00pm
13-14/9/13	FT13	Raft Camp – Huon/Picton Rivers	5:00pm 14/9/13

Grade 9 Outdoor & Environmental Studies Term 4			
Date	Field Trip	Description	return time
1/11/13	FT14	Abseil 1 – Blackmans Bay 12:55 – 5:30	5:30pm
15/11/13	FT15	Climbing – Waterworks Quarry 12:05 – 4:30pm	4:30pm
19/11/13	FT16	Climbing/Abseil – Mnt Wellington – Lost World 10:45 – 4:30pm	4:30pm
29/11/13 – 1/12/13	FT17 3 Day Trip (weekend)	Sea Kayak & Climbing Camp – Freycinet National Park Depart 9:05am	5:30pm 1/12/13

I _____ give permission for my child _____ to attend all the Outdoor & Environmental Studies field trips listed below during 2013.

I understand that my child needs to behave appropriately at all times while on these field trips and if the teacher deems any child to be behaving inappropriately and/or causing danger to themselves or others then I will need to make arrangements for my child to be returned home.

Signed : _____ Date: _____

Email: _____ Ph: _____

(All overnight camp permission notes will be emailed to parents as well as a hard copy sent home with the students).

Medical Consent.

Where the teacher in charge of the excursion is unable to contact me, or it is otherwise impractical to contact me, I authorize the teacher in charge to:

- Consent to my child receiving any medical or surgical attention deemed necessary by a medical practitioner.
- Administer such first aid as the teacher in charge judges to be reasonably necessary.

Signature of parent/guardian (named above): _____

Date: _____

Note: It is a legal requirement that both the medical form and parent permission slip are signed by the parent/guardian before the student can participate in any out of school excursion or field trip.

Outdoor & Environmental Studies - Grade 10 Permission Form 2013

Please sign in agreement (on reverse) for your child to attend the trips on the following dates

Grade 10 Outdoor & Environmental Studies Term 1			
Date	Field Trip	Description	return time
21/2/13	FT1	Bushwalk - Icehouse Track - Mnt Wellington 9:05 – 1:40pm	1:40pm
7/3/13	FT2	Navigation/Orienteering – Waterworks reserve 9:05 – 1:40pm	1:40pm
15 – 17/3/13	FT3 (weekend)	Overnight Walk – Waterfall Bay – Fortescue Bay Depart: 9:05	5pm 17/3/13
8/4/13	FT4	Mountain Bike Skills 1 – Giblin Street Oval 12:55 – 3:20pm	3:20pm
18/4/13	FT5	Mountain Bike Ride – Pipeline Track – Mnt Wellington 9:05 – 1:40pm	1:40pm

Grade 10 Outdoor & Environmental Studies Term 2			
Date	Field Trip	Description	return time
30/5/13	FT6	Sea Kayak 1 9:05 – 1:40pm	1:40pm
7 – 10/6/13	FT7 (weekend)	Sea Kayak/Bushwalk – Lake St Claire Depart 12:55pm – 7/6/13 (Weekend & Public Holiday)	5:00pm 10/6/13
21/6/13	FT8	Rock climbing – Waterworks Quarry 12:55 – 4:30pm	4:30pm

Grade 10 Outdoor & Environmental Studies Term 3			
Date	Field Trip	Description	return time
29/7/13	FT9	Abseil – Blackmans Bay 10:45 – 4:30pm	4:30pm
8/8/13	FT10	Abseil 2 & Caving – Lost World – Mnt Wellington 9:05 – 3:20	3:20pm
22/8/13	FT11	Raft 1 – Huon River 9:05 – 4:00pm	4:00pm
9/9/13	FT12	Raft 2 – Picton River	5:00pm
20 – 23/9/13	FT13 (weekend)	Overnight Raft & Caving Camp Mersey River & Mole Creek Caves Depart: 3:20 – 20/9/13	5:00pm 23/9/13

Grade 10 Outdoor & Environmental Studies Term 4			
Date	Field Trip	Description	return time
23 – 27/10/13	FT14 (Show week holiday & weekend)	Overnight Camp – Cradle Valley & the Tarkine Cradle mountain Canyon & Off track navigation in the Tarkine Rainforest 5 Day trip (over show week holiday) Depart 9:05am 23/10/13	5pm 27/10/13
4/11/13	FT15	Surfing 12:55 – 5:00pm	5:00pm

I _____ give permission for my child _____ to attend all the Outdoor & Environmental Studies field trips listed below during 2013.

I understand that my child needs to behave appropriately at all times while on these field trips and if the teacher deems any child to be behaving inappropriately and/or causing danger to themselves or others then I will need to make arrangements for my child to be returned home.

Signed : _____ Date: _____

Email: _____ Ph: _____

(All overnight camp permission notes will be emailed to parents as well as a hard copy sent home with the students).

Medical Consent.

Where the teacher in charge of the excursion is unable to contact me, or it is otherwise impractical to contact me, I authorize the teacher in charge to:

- Consent to my child receiving any medical or surgical attention deemed necessary by a medical practitioner.
- Administer such first aid as the teacher in charge judges to be reasonably necessary.

Signature of parent/guardian (named above): _____

Date: _____

Note: It is a legal requirement that both the medical form and parent permission slip are signed by the parent/guardian before the student can participate in any out of school excursion or field trip.

Confidential Medical Information

The School will use this information if your child is involved in a medical emergency. All information is held in confidence. This medical form must be current when the excursion/field trip is being run.

Parents are responsible for all medical costs if a student is injured on a school approved excursion unless the school is found liable (liability is not automatic). Parents can purchase student insurance cover from a commercial insurer if they wish to.

Student's full name:

Students Address:

Date of birth:

Home Room:

Parent/guardians full name:

Name of person to contact in an emergency (if different from the parent/guardian):

Emergency telephone number: *After hours:*

Business hours:

Name of Family Doctor:

Address of family doctor:

Medicare Number:

Medical/Hospital insurance fund:

Member number:

Please tick if your child suffers from any of the following:

Asthma (if ticked complete Asthma Management Plan) Dizzy Spells Heart Condition

Diabetes Migraine Sleepwalking Travel sickness Fits of any type (explain)

Other: _____

Please elaborate if any box has been ticked:

Allergies:

Please tick if your child suffers from any of the following:

Penicillin other drugs:

Foods:

Other allergies _____

What are the symptoms of the known allergies? _____

What special care is recommended for these allergies?

Year of last tetanus immunization: _____

(Tetanus immunization is normally given at 5 years of age (as Triple Antigen or CDT) and at 15 years of age (as ADT))

Swimming ability

Please tick the distance your child can swim comfortably.

Cannot swim (0m) Weak swimmer (<50m) Fair swimmer (50 – 100m)

Competent swimmer (100 – 200m) Strong Swimmer (200m+)

Medication

Is your child taking any medicine(s)? Yes No

If yes, provide the name of medication, dose and describe when and how it is to be taken.

All medication must be given to the teacher in charge. All containers must be labelled with your child's name, the dose to be taken as well as when and how it should be taken. The medications will be kept by the teacher in charge. Inform the teacher in charge if it is necessary or appropriate for your child to carry their medication (for example, asthma puffers, insulin for diabetes or EpiPen for severe allergies). A child can only carry medication with the knowledge and approval of both the teacher in charge and yourself.

The following confidential information is required to assist in the proper management of a child's asthma, if such help is needed. Please complete and attach to the Medical Consent form. Further information is available from the Asthma Foundation www.asthma.org.au.

Student's name:

Usual signs of asthma: Wheezing Chest tightness Coughing Difficulty breathing
 Difficulty speaking Other please specify.

When completing this form please seek the advice of the asthmatic's doctor if necessary.

1. Usual maintenance regime or medical program followed:

Name of Medication	Method (e.g. Puffer & spacer, turbohaler)
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When and how much?

Does the child require assistance to take their medication? Yes No

2. Peak flow readings: BestCritical(bring own peak flow meter)

3. Signs of worsening asthma: Wheezing Chest tightness Coughing Difficulty breathing Difficulty speaking Other:

Medication and treatment to be used during worsening asthma:

4. Medication and treatment to be used during crisis situations:

See Asthma First Aid Plan attached on page 2.

5. List any known asthma trigger factor(s):

6. Has the person been admitted to hospital due to asthma in the past 12 months? Yes
 No

7. Has the person been on oral cortisone for asthma within the past 12 months? (e.g. Prednisolone, Cortisone, Betamethasone etc.)

Yes No

8. Has the person ever suffered sudden severe asthma attacks requiring hospitalisation?
Yes No

Important Notes

If you have answered "yes" to questions 6, 7, or 8 then the decision for the person to participate rests with the child's doctor. The process in such situations is as follows:

- the person's doctor or parents/guardians (if a student) may contact the school Principal for further information on the program and support available;
- a letter from the student's doctor, stating the doctor's decision must accompany this form.

I declare that the information provided on this form is complete and correct.

Parent/guardian:

Phone contact(s):

OR

Signature:

Date:
