



HOLY ROSARY  
SCHOOL  
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8<sup>th</sup> June 2021

Dear Parents and Carers of Year 6 students,

Attached are the forms required to be filled out for your child to attend camp. If your child has an allergy or medical condition, an emergency plan is required. These can be created by your General Practitioner. If you are unable to get this, we can come up with a plan together, please call me to do so. Below is some information from the camp administrators:

*In regards to the dietary requirements, we are more than happy to cater for these as long as have at least 2 weeks notice. Please note this includes allergies and lifestyle/religious requirements NOT likes/dislikes. Our menu's are designed to include a variety of fresh fruit and vegetables with the health and wellbeing of all students and staff in mind and generally request that students do not bring extra food to camp as this often results in the healthy options provided to be left uneaten and can affect the dynamics within the group. However, on this program we would recommend that each student could bring one bag of lollies or marshmallows to share with the group (no chocolate, and trying to avoid lots of wrappers). We will also make sure there are enough treats to keep everyone happy!*

*Also, there is the packing list. It's worth reiterating that they need to pack very minimally as there will be limited room for their luggage on the trip. Scottie suggests a bag similar to this one below, \$16 from kmart. Ideally their sleeping bag would fit inside with this, then their sleeping mat could slide through and be strapped on it under the handles. These would then be put inside a large drybag to ensure their safe arrival to camp each night 😊*

· Dimensions/Size: 26cm (H) x 52cm (W) x 26cm (D)



Please have these forms returned by Friday the end of Term (Friday the 2<sup>nd</sup> July).

As always please contact me with any questions.

Warm regards,

Miss Claudia

0407049694

[Claudia.berson@cewa.edu.au](mailto:Claudia.berson@cewa.edu.au)

# Holy Rosary Primary School, Derby.

## Year 6 Ord River challenge expedition – Program Information

### Dear Parents,

Thank you for the opportunity for Adventureworks to deliver an awesome expedition for your year 6 student who will be transitioning to high school. Contained in this document you will find:

- Program purpose & outcomes
- Our qualifications to deliver this program
- Expedition Itinerary
- Risk Management Plan links

If you want to see true transformation amongst your students, let us take them on an immersive expedition experience like no other. AW expeditions are designed for deep learning and connection, an environment ripe for profound social and emotional development.

Focus Values:

- Resilience
- Communication
- Community
- Perseverance
- Collaboration



# Holy Rosary Primary School, Derby.

## Year 6 Ord River challenge expedition – Program Information



### Program purpose & outcomes.

Following our conversations with you, we understand that the reason you have booked this program for your students is to allow them to:

- ☒ Forge stronger connections with each other and teachers
- ☒ Develop communication skills and collaboration in a group
- ☒ Value the diversity of the whole group
- ☒ Overcome personal and group challenge
- ☒ Increase resiliency to change
- ☒ Support their transition to high school
- ☒ Focus on strengths to build resilience

### Program building formula.

All AW programs follow this evidence-based design formula to achieve optimal outcomes for your students:

#### Phase 1

**connection.** This phase is all about forging connections and creating a space that is safe enough for students to be brave throughout the rest of the program. Shows up in your program as ice-breakers, energisers and team challenge activities that are fun and highly interactive.

#### Phase 2

**challenge.** This phase pushes the limits of students through a series of individual & collective challenges. It shows up in the middle of your program as adventure activities (rock climbing, raft-building, zipline etc.); The challenges vary from physical to emotional & intellectual.

#### Phase 3

**reflection.** A feature at the end of every AW program, the reflection phase is delivered in a range of ways. It gives students time and space in nature to reflect on their learnings and connect them to their everyday life, transferring their learnings away from the camping environment into their daily lives.

# Holy Rosary Primary School, Derby.

## Year 6 Ord River challenge expedition – Program Information

### program design.

The below Design Principles underpin and guide all AW program design.

You can find more information about these [here](#):



Below are the social and emotional capabilities our programs build in young people, based on the CASEL model. You can find more info on CASEL [here](#):

### social & emotional capabilities we are building.



“

**I Am**

**Resilient.**

I have a strong sense of wellbeing as a result of being able to regain my emotional, mental, physical and spiritual health when things knock me off balance.

**Capable.**

I have a strong sense of wellbeing as a result of feeling motivated and valued. I know what kind of community I want to create and I am clear about how I am contributing to it.

**Connected.**

I have a strong sense of wellbeing as a result of feeling I belong. I am choosing, growing and maintaining caring relationships in which I feel my worth.

”

# Holy Rosary Primary School, Derby.

Year 6 Ord River challenge expedition – Program Information

## your proposed program



<b>connection.</b>	
<b>Location</b>	Students Arrive at Camp location: Maxwells Ord River Eco Camp, Kununurra
	AW Welcome Ceremony
	Split into 2 groups & meet facilitators - Program overview and expectations
	Camp set-up
<b>pm.</b>	<b>Dinner</b>
	Connection activities and begin a values discussion
	Welcome to Country and Aboriginal Cultural evening
	Bed
<b>night.</b>	Teacher/Facilitator de-brief
<b>day two.</b>	
<b>Monday 2<sup>nd</sup> August</b>	
<b>challenge.</b>	
	Early morning rise
	<b>Breakfast</b>
	Paddle briefings - skills practice and rescue practice
	Lunch prep and camp pack-down
	Equipment planning and preparation
<b>am.</b>	Travel to Lake Argyle Dam Wall and top of Ord River
	Pre expedition brief
	<b>Lunch</b>
	Launch of Ord River paddle expedition
	Arrive @ Sandy Beach Camp site
<b>pm.</b>	Set up camp
	Dinner
	Debrief and Night activity: Character Strengths
<b>night.</b>	Teacher/Facilitator de-brief

# Holy Rosary Primary School, Derby.

Year 6 Ord River challenge expedition – Program Information



<b>day three. Tuesday 3<sup>rd</sup> August</b>	
	Wake-up ritual & breakfast
<b>am.</b>	Lunch prep and camp pack-down
	Pre expedition check in briefing
	<b>Launch morning expedition</b>
	Lunch @ suitable location
<b>pm.</b>	<b>Launch afternoon expedition</b> : Carlton Gorge
	Arrive @ Coolimans Eco Camp
	Set up camp
	Dinner
<b>night.</b>	Debrief and night activity: Story telling
	Teacher/Facilitator de-brief
	Bed
<b>day four. Wednesday 4<sup>th</sup> August</b>	
	Wake-up ritual & breakfast
	Lunch prep and camp pack-down
	Pre expedition check in briefing
	<b>Launch morning expedition:</b> visit Herbies Hideaway
	Lunch @ suitable location
<b>am.</b>	<b>Launch afternoon expedition</b> : Jump rock!
	Arrive @ Stonewall Eco Camp
	Set up camp
	Dinner
<b>pm.</b>	Debrief and night activity: Challenge: Considering High School
	Teacher/Facilitator de-brief
	Bed

# Holy Rosary Primary School, Derby.

Year 6 Ord River challenge expedition – Program Information



<b>day five.</b> <b>Thursday 5<sup>th</sup> August</b>	
<b>reflection.</b>	Wake-up ritual & breakfast
	Lunch prep and camp pack-down
	Pre expedition check in briefing
	<b>Launch morning expedition:</b> visit Spillwell Creek
	Lunch @ suitable location
	<b>Launch afternoon expedition :</b> Maxwell Creek
	Arrive @ Maxwell's Eco Camp
	Dekit and clean up equipment
	Set up camp
	Sunset Hike
	Celebration Dinner
	Debrief and night activity: Honouring (Acknowledging Character Strengths)
	Teacher/Facilitator de-brief
	Bed
<b>day six.</b> <b>Friday 6<sup>th</sup> August</b>	
<b>reflection.</b>	
	Early wake-up ritual & breakfast
	Camp pack down
	Students depart by bus
<b>am.</b>	

# Holy Rosary Primary School, Derby.

## Year 6 Ord River challenge expedition – Program Information

### **safety first.**

Here at AW, we know how important it is that your camp is fun AND safe, which is why all our staff have the relevant qualifications to work with young people in the outdoors. It is also why we pay extra attention to risk management, so you can rest easy knowing all the important stuff keeping your students and staff safe is taken care of.

#### **staff qualifications.**

- ✓ Wilderness First Aid (incl. CPR)
- ✓ Working with Children Check
- ✓ Community Surf Rescue
- ✓ Other relevant specialized outdoor qualifications

#### **risk management.**

- ✓ \$20 million Public Liability Cover
- ✓ Employee Workcover insurance
- ✓ Commercial Tour Operator Licence
- ✓ WA Tourism Operator Accreditation

### **Staffing.**

AW will have the following

1. 4 x qualified staff on the expedition
2. 1 x back up boat and dedicated support staff

### **Link attachments.**

#### **1. Packing List**

#### **2. medical/consent form**

#### **3. Risk Management Plan**

## **thank you.**

We can't wait to work with you!



# Equipment list – Ord River expedition.



Please ensure that participants are aware that they MUST follow these lists closely. All equipment and clothing are compulsory and required to join certain activities.

#	Item Description	Packed
<b>Essential Gear</b>		
1	Water Bottle x 2L capacity	
1	Small duffel bag / backpack	
1	Sleeping Bag - compact	
1	Sleeping Mat	
1	Chow Kit (bowl, cup, plate, spoon, knife, fork, teatowel)	
1	Lunch box	
1	Towel (Travel/small)	
<b>Footwear</b>		
1	Comfortable enclosed shoes to stay dry for night time (sneakers)	
2	Comfortable socks	
1	Lightweight enclosed shoes for rafting that will get wet (old sneakers or reef shoes)	
<b>Clothing</b>		
1	Jumper (to be kept dry for around camp at night)	
1	Comfortable long pants (to be kept dry for around camp at night/sleeping)	
1	T-shirt (to be kept dry for around camp at night)	
1	Rafting shorts – boardies, lightweight. Avoid cotton/denim	
1	Light long sleeved shirt or long sleeve rashy for rafting	
3	underwear	
1	Hat (wide brimmed preferred with chin strap)	
1	Beanie	
<b>Accessories</b>		
	Headlamp / small torch	
	Sunglasses	
	Poncho / waterproof jacket	
	Roll-on deodorant (no sprays)	
	Insect repellent	
	Toothbrush / toothpaste	
	Personal first aid kit / medication	
	Sunscreen	
	Light sarong – to help protect from the sun	