



## YEAR 11 LEADERSHIP COURSE 2019

### IMPORTANT INFORMATION – PLEASE READ CAREFULLY

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#### ACTION REQUIRED:

- |  |                          |  |                          |
|--|--------------------------|--|--------------------------|
| Information Night – 7pm, Wednesday, 13 February 2019                             | <input type="checkbox"/> | Medical information updated on <i>Community Portal</i> and consent for attendance given by Monday, 27 May 2019 | <input type="checkbox"/> |
| Date Preference by Monday, 1 April 2019 to outdoor.education@stphilips.nt.edu.au | <input type="checkbox"/> | Pre-trip Meeting Saturday, 13 July or Monday 15 July 2019  | <input type="checkbox"/> |
| Compulsory abseil sessions – lunchtimes 14-16 May 2019                           | <input type="checkbox"/> |  |                          |
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Dear Year 11 Parent/Guardian and Student

Preparation has commenced for the Year 11 Leadership Course. The Leadership Course is a significant and exciting opportunity for current Year 11 students to extend and challenge themselves. The exciting and well-regarded course is the culmination of the College's Outdoor Education program and offers unique challenges and opportunities for self-development and leadership enhancement.

#### YEAR 11 LEADERSHIP COURSE – Stage 1 Outdoor Education - 10 Credit Subject

The main part of the course will be operated in the West MacDonnell National Park and surrounding area to the west of Standley Chasm. This area lends itself well to the various adventure activities the students undertake, such as bushwalking, abseiling, rock climbing, canyoning, and a 48-hour solo. The level of adventure is high, and the course is a significant physical challenge.

This course focuses particularly on leadership, communication, self-reflection, and the environment. It is an extension of the Year 9 Endeavour Camp and the Year 10 Camps, in that it follows the same style, and challenges the students in similar ways. Although the students learn several bush craft skills, this is not the primary purpose of the Leadership Course. The course aims to build confidence, raise self-esteem, increase initiative, encourage leadership and develop strategies that can be used successfully, individually or in a group.

The Leadership Course is also recognised as a Stage 1 10-credit Subject which will be shown on students' academic transcripts but they are required to complete the Leadership Course Report following the course. Students enrolled in the Stage 2 Outdoor Education Course are not expected to complete the Leadership Course Report as they do not qualify to receive 10-credits.

Students will be notified of departure dates for this camp in Term 2 once they are confirmed. Stage 2 Outdoor Education students will be grouped together in the last departure group. All groups should meet at the College's main entrance roundabout at 8:00am on the morning of their allocated departure and will be ready to go home by 2:55pm on the day of their return.

#### PARENT AND STUDENT INFORMATION EVENING – all students should attend

An Information Night will be held on Wednesday, 13 February 2019 in The Minnamurra Hall at 7pm. A copy of the presentation will also be available on the College website.

#### PARTICIPATION

It is expected and a part of the Year 11 Curriculum that all Year 11 students attend the Leadership Course, and that it is a major requirement for College leadership positions.

## EDUCATIONAL OBJECTIVES OF THE YEAR 11 LEADERSHIP COURSE

The leadership skills, communication skills, and self-reflection structured into this course will assist students in their preparation for positions of responsibility within the College, as well as their future years of study and/or in the work force. Year 11 Leadership Course presents itself as an excellent preparatory course for students wishing to apply for College Leadership positions in Year 12. Some of the objectives of the course are:

- To have students understand more about the dynamics of leadership, including leadership styles and techniques through theoretical study and practical experimentation.
- To have students better their communication skills, particularly when dealing with large groups.
- For students to learn techniques that facilitate effective communication, through theoretical discussion and practical experience.
- For students to be provided with time to assess who they are as a person, and where they are going in the near future. This introspective thought will be free from the pressures of their parents, teachers, friends, and peers. This time will include setting goals for the future that will help them keep 'on track' for their life journey.

## CAMP DATES AND GROUPS

This year the Leadership Course will be held during the last week of Term 2 holidays and the first week of Term 3, between Sunday, 14 July and Friday, 26 July. Students will be divided into groups and will depart on one of the following dates:

**Pre-course meeting 1 (Groups 1 -4):** 9:00am to 11:00am on Saturday, 13 July

**Pre-course meeting 2 (Groups 5 -7):** 9:00am to 11:00am on Monday, 15 July

**Groups 1 and 2:** Sunday, 14 July to Tuesday, 23 July

**Groups 3 and 4:** Monday, 15 July to Wednesday, 24 July

**Groups 5 and 6:** Tuesday, 16 July to Thursday, 25 July

**Groups 7 (Stage 2):** Wednesday, 17 July to Friday, 26 July

### NOTE:

Provision will be made for students who have important commitments near the beginning or end of the course, date preference must be requested by Monday, 1 April 2019 in writing or by email to [outdoor.education@stphilips.nt.edu.au](mailto:outdoor.education@stphilips.nt.edu.au) only. You should expect a response by email.

## EQUIPMENT LIST

Please find attached (page 4) a detailed equipment list so you may begin gathering the correct clothing and equipment early. Please refer to the list for important information and guidance. The correct equipment is essential. Students are asked to bring clothing and personal items. However, food, rucksacks, sleeping bags, rain jackets, sleeping mats, and shelters are supplied to ensure that all students operate in the same conditions and that appropriate equipment is used.

## MEDICAL AND CONSENT FORM

Parents/Guardians will be required to update medical information on *Community Portal* and give consent to attend **by Monday, 27 May 2019**. Please complete carefully with as much detail as possible.

## ABSEIL PRACTICE

Each student attending the Year 11 Leadership Course must complete a supervised abseil practice with the College Outdoor Education staff. These sessions are required to be completed to meet the requirements as a Stage 1 Subject, but to also ensure that students are confident enough to complete the abseil they will encounter during the course. The practice sessions will take place on The Minnamurra Hall balcony or on the Rock-Climbing Wall. These sessions will be held at lunchtimes on Tuesday, 14 May to Thursday, 16 May.

## PRE-DEPARTURE MEETING – for students only

This meeting will be held at 9.00am to 11.00am on Saturday 13 or Monday 15 July, during the school holidays. Students will meet with their group leaders and will be issued with equipment for the trip.

## **BUSHWALKING TRAINING OUTLINE**

There is no doubt that the physical requirements for this journey will be challenging for some students. Therefore, a basic six-week bushwalking training outline has been developed for those who may be interested to implement in the lead up to the Leadership Course. This training outline is available on the school website under the Outdoor Education section.

## **GIRLS ON CAMP**

Female staff will meet with all Year 11 girls to assist with their understanding of practicalities on camp and address any anxieties. This would be during the pre-departure meeting or through female Outdoor Education staff at the college.

## **INTERNATIONAL EXCHANGE STUDENTS**

Some important points for incoming international exchange students:

- Please study the equipment list prior to your departure as it will be easier for you to bring some of the key clothing items. Some equipment will be available through Sandi Crogan on arrival.
- Please organise payment beforehand or immediately upon arrival.
- Please fax (or scan and then email) a signed copy of the Medical Consent Form before you leave or return it immediately upon arrival. It must be signed by a parent or legal guardian.

I look forward to seeing you at the Parent Information Evening. In the meantime, please feel free to contact me at the College by phone or email if you have any questions.

Yours sincerely



**Emma Shearer**  
**Acting Head of Outdoor Education**

**T:** 08 8950 4511 | **F:** 08 8950 4522

**E:** outdoor.education@stphilips.nt.edu.au | **Visit:** www.stphilips.nt.edu.au



## ST PHILIP'S COLLEGE

### YEAR 11 LEADERSHIP COURSE 2019

#### *Personal Clothing and Equipment List*

This list contains the items required for the various conditions and activities you will encounter during the course. Depending on weather conditions, you will use all or most of the items we request for you to pack. As the weather during the course can either have hot/dry or cool/moist conditions, you need to be suitably clothed and equipped for both. **Please bring ALL listed items (except where indicated optional).**

Different people have different reactions to cold or wet conditions. Some people feel the cold very quickly; others remain comfortable in most conditions. Depending on how you feel in cold or wet weather conditions, you should choose to bring more or less of the optional warm clothing items. **If you feel the cold quickly, you should bring extra thermal underwear, and choose a slightly thicker woollen garment.** *Think carefully about your selection as you will be carrying it.*

In the interest of safety, students must come with all the correct clothing and equipment. Students without the correct clothing will not be allowed to attend.

#### **WHAT TO BRING**

**as you pack!**

Backpacks, shelters, cooking utensils, lilo's, sleeping bags and sleeping mats are all provided. You should bring hard wearing and durable clothing.

#### **WEAR ON THE DAY - you will begin Leadership Course in these clothes**

- 1 pair of cotton long trousers, not tight fitting, not track pants. *Hard Yakka* style trousers or cargo pants are ideal – **no jeans**.
- 1 strong, long sleeved collared shirt (old business shirts are ideal).
- 1 pair of comfortable boots or sturdy track shoes for hiking. *Blundstones* and elastic sided boots are **not suitable** and **hiking boots must be worn in**.
- 1 set of underwear (cotton preferably)
- 1 pair of medium weight wool or wool/nylon mix socks e.g. *Explorers*
- 1 hat with brim for sun protection. No caps or straw hats.
- 1 whistle on cord, to be worn around neck at all times.

#### **ESSENTIAL ITEMS**

- 1 cold packed lunch for first day e.g. sandwiches
- 1 wetsuit (either short or long sleeved). **BRING YOUR OWN IF YOU CAN GET ONE, otherwise provided.**
- 1 watch (if you have one). Only waterproof watches are suitable.
- 2 jumpers, medium weight for general use. Must be wool or quality outdoor fleece – *see note on page 5*
- 1-2 set of long thermal underwear (must be **wool or polypropylene**, NOT COTTON).
- 1 pair of firm soled sandshoes or runners (for use in water). Dunlop Volley's are ideal.
- 3 pairs of medium weight wool or wool/nylon mix socks e.g. *Explorers*
- 3 sets of underwear (cotton preferably).
- 1 pair of bathers/swimsuit/pair of shorts
- 1 strong, long sleeved shirt (old business shirts are ideal).
- 1 beanie or balaclava (woollen)
- 1 roll of toilet paper (in snap lock bag)
- 1 lightweight torch (LED head-torch is ideal with spare batteries)
- 1 lightweight eating bowl (preferably stainless steel or very strong plastic)
- 1 cup or mug (with handle)
- 4 litres of water bottles (recycled soft drink bottles, fruit juice bottles are ideal). The bottles combined must add up to 4 litres (could be 4 x 1L or {1 x 2L + 2 x 1L etc}). These bottles will be used for group

- water and will not be used to drink directly from. (Coke/soft drink 1.25 litre bottles are good).
- 1 personal sports water bottle (approximately 1 litre). You will drink from this.
- 1 fork and spoon (strong and durable)
- 6 **extra heavy duty** Garden Multix Orange wheelie bin liners (2x pack of 3). Ask your instructor if unsure.
- writing materials (pencil, pen, notebook in waterproof plastic bag)
- sunscreen and sun/wind protection cream for lips
- **minimal** toiletries (toothpaste, toothbrush, comb). **NO AEROSOL DEODORANTS.**

#### OPTIONAL ITEMS

- insect repellent (**no aerosols please**)
- waterproof camera or camera in a waterproof container
- 1 pair of woollen gloves or mittens
- 1 waterproof jacket (**PROVIDED – if wishing to bring own, please see note below**)
- 1 inflatable mattress (lilo) (**PROVIDED – if purchasing own these are available only from Lone Dingo. Purchases elsewhere should be approved by David Atkins beforehand as they may be unsuitable.**)

#### DO NOT BRING

Parents are asked to ensure that students do not bring or pack pocket knives, sheath knives or knives with locking blades, iPods, MP3 players, phones, cosmetics, tobacco, alcohol, confectionery, soft drinks, or any other food, or any specialist camping gear. No money should be brought on camp as the groups will never be near any shops.

#### NOTES ON CLOTHING AND EQUIPMENT

##### EQUIPMENT CARE AND RESPONSIBILITY

Necessary camping equipment (packs, shelters, rain jackets, wetsuits, cooking utensils and sleeping bags) will be issued to students. The care and responsibility for this equipment will be the students, who will be expected to pay for the replacement if lost or damaged through irresponsible use.

ALL CLOTHING AND EQUIPMENT SHOULD BE CLEARLY MARKED WITH YOUR NAME TO AVOID CONFUSION OR LOSS. **Please bring clothes in a soft bag – not suitcases.**

##### WOOLLEN CLOTHING (OR QUALITY OUTDOOR FLEECE)

Wool is by far (economically) the best fabric for staying warm in wet and cold conditions. It absorbs very little moisture and therefore continues to feel warm and does not draw heat from the body to dry the fabric as cotton does. Check the label to make sure the garment is at least 70% wool. The two required medium weight woollen jumpers, are more versatile than one thick jumper.

Cotton absorbs up to 25 times its weight in water and is **TOTALLY UNSUITABLE** as a fabric in clothing intended to keep you warm in the outdoors. **DO NOT BRING** cotton 'sweatshirts', football jumpers, or tracksuit tops as substitutes for woollen pullovers.

There are many quality outdoor fleece fabrics which hold even less water than wool and are used to make thermal underwear and pile jackets. This material is ideal, but generally more expensive.

##### WATERPROOF JACKET

**Rain jackets will be provided**, however, if you do wish to provide your own, the following should be used as a guide when selecting a jacket:

- It must:**
- have an effective hood that protects the head and face from rain and wind
  - be **ABSOLUTELY** waterproof
  - reach at least halfway down your thighs

##### OBTAINING CLOTHING

Many items can probably be found in the old clothes bag at home, or second hand clothes shops. **FASHION IS NOT IMPORTANT.** At times in the past, parents have brought their children special boots for walking, these are not necessary. If you feel it is necessary to buy anything expensive, you may wish to contact the Outdoor Education Department at the College for advice.

- **Lone Dingo (southern end of Todd Mall)** offers a range of equipment suitable for the College's Outdoor Education program - e.g. thermal underwear, quality outdoor fleece jumpers, waterproof jackets, boots etc.