



The Jon Carnegie School  
Real Life Learning



2016  
Term One  
Valley Camp Booklet

# Outline

The focus of Valley camp is team building and strengthening relationships in the group. Valley camp is held at the end of Term 1 and is an important part of cementing relationships that have developed during the term.

During the camp students experience the beauty and the realities of nature. In this natural setting they have the chance to discover their strengths and weaknesses. This learning takes place in a group situation. Students will therefore be an active part of others learning and come to realise their own potential to help others in their journey.

Valley camp includes a solo night. The objective of the solo is to challenge students with the solitude of their own company. Teenagers today spend almost no time out of contact with others and for them 12 hours without communication is a perceived impossibility. However in meeting this challenge they will be faced with an opportunity to understand themselves and the impact of their actions on others more clearly.

Valley camp is a three day, two night camp based at the JCS Otway Retreat. During the program students will also address other issues including self-esteem, self-knowledge and gender issues.

**Dates:** **Tuesday 29th March - Thursday 31st March**

**Times:** All students to arrive at school BEFORE 10:30 on Tuesday morning to ensure an 11:00 am departure for our destination.

We will arrive back at the school at 4.00 on Thursday afternoon. You will be texted as we are 30 mins from arrival back in Melbourne

**Costs:** **\$195 per person**

This will cover food, accommodation, equipment hire, activities, transport and petrol.

## **Accommodation:**

We will be staying the JCS Otway Retreat

## **Transport:**

Students will travel by the JCS school bus.

## **Activities:**

Following in line with the student code of conduct, students will be expected to participate in all activities and be responsible for their own actions. Some of the activities are bushwalking, swimming, initiative activities and sleep-outs. All activities are fully staffed by both qualified JCS staff and qualified staff hired to run individual activities. Some activities are reliant on the right weather conditions, so JCS staff will use their discretion as to whether or not certain activities will run.

## **Staffing:**

Number of JCS staff attending camp: 2

## **Emergency contact details:**

All JCS staff attending the camp will have mobile phones. The numbers are available below.

There is also a list of relevant contact details at the end of this document.

## **Staff phone numbers on camp:**

Jon 0417 055 448

Kate 0406 304 888

## What to bring

Students will need to bring the following.

- Sleeping bag - Important, it will be cold
- Pillow
- Towel
- Toiletries
- Walking shoes
- Sandals or warm weather shoes
- Hat (Very important)
- Sleep wear
- Bathers/Board shorts
- T-shirts
- Shorts
- A change of warm clothes
- A warm Jacket
- Lunch for the first day, or money to buy lunch
- Daypack
- Drink bottle
- 2 L of water

Students only need to bring money if they wish to buy lunch on the first and last day. Students are allowed to bring no more than \$20 and need to remember that JCS has a "No junk food and soft drink" policy in accordance to the Department of Education and Training guidelines. Chocolates, lollies, chips, Coke etc are not allowed on the camp. Bags will be searched.

JCS reserves the right to check all bags before students are allowed to attend the camp. Cigarettes, lighters and any other contraband will be confiscated and not returned.

Mobile phones and personal computer games are permitted on the camp however they may be confiscated prior to leaving or at any time during the camp. If you have any questions please do not hesitate to contact the school.

## Valley Camp Activities

The purpose of these activities is for students to participate in and enjoy a range of educational activities that will contribute to the development of their confidence, self-esteem, motivation, skill level, fitness, initiative and working as a team. Activities will include:

- Beach Games
- Personal Development
- Cave Walk
- Beach Solo
- Beach Fire
- Night Walk
- Farm Work
- Bush Walk

The Camp will be based at the Otway Retreat. From here we will run a number of activities to local beaches and sites including:

- Johanna Beach
- Cape Otway
- Apollo Bay
- Otway Fly tree top adventures
- 12 Apostles
- Princetown
- Lockhart Gorge
- London Bridge
- Anglesea recreation Camp

# Safety

## Beach

We will be visiting a number of beaches for a number of recreation purposes. Please be aware students will be visiting unpatrolled beaches, but will not be able to swim at these beaches. It will be made clear to students they are only able to swim between the flags at patrolled beaches. At all times students will be supervised by staff when at the beach and by life guards at patrolled beaches.

## Swimming

Apollo Bay:

Swimming is only allowed at designated times and places and under supervision.

Swimming will be permitted at Apollo bay and under the supervision of life guards.

## Surfing

Surfing activities will be under the supervision of qualified surf instructors.

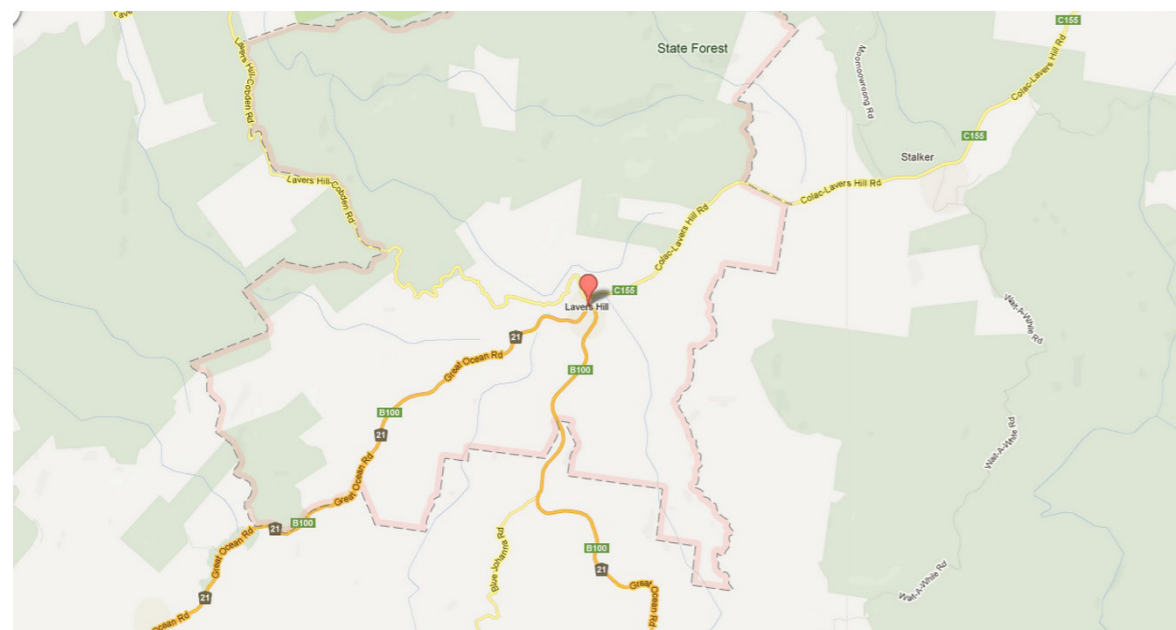
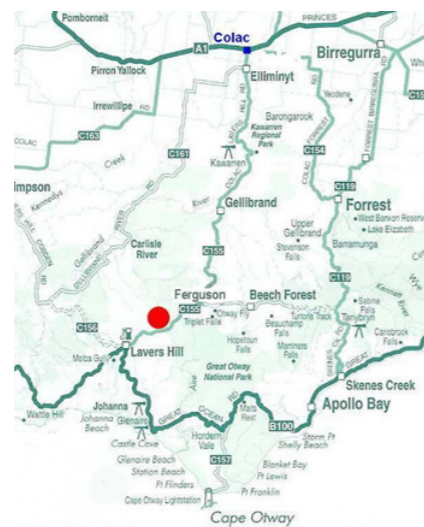
## Location

OTWAY RETREAT:

46-48 Great Ocean Road, Lavers Hill

Ph: 0406 304 888

[enquire@jcs.edu.au](mailto:enquire@jcs.edu.au)



# Contact List

**Jon Carnegie**

**0417 055 448**

**Kate Bevan**

**0406 304 888**

The Jon Carnegie School

(03) 9041 5297

Apollo Bay SLC

03 5237 6765

Apollo Bay Hospital

03 5237 8500

Apollo Bay police

03 5237 6750

Lavers Hill Police

03 5237 3200

Lawles J&M (Doctors Surgery Apollo Bay)

03 5237 7296

Police, Ambulance, Fire

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Coast Guard

03 5278 8440

Lifeline - 24 Hour Service

13 11 14

SES - Geelong Office

03 5226 4771

SES - Flood & Storm emergency 24 Hr

13 25 00

Alcohol and Drugs

1800 136 385

Search & Rescue – Maritime

1800 641 792

Search & Rescue – Aviation

1800 815 257

Crime Victim Services

1800 819 817

Family Drug Support

1300 368 186

Kids Help Line

1800 55 1800

Poisons Information Centre

13 11 26