

23 July 2024

**Re: Year 9 Camp, Ikara National Park**

**Group 1: Mrs Zubrinich Rite Journey Class: Wednesday 21 August - Thursday 22 August**

**Group 2: Mr Nistico & Mr Freeman Rite Journey Class: Thursday 22 August- Friday 23 August**

Dear Families

Year 9 Camp links closely with the Year 9 Rite Journey Curriculum. Students will have an opportunity to enhance their knowledge of Indigenous perspectives and the connection between culture, respect, and peace for the environment. It is also a great opportunity for students to experience an aspect of outdoor education in preparation for year 10 subject selections. The camp will also incorporate a 'Solo' experience, in line with the Abyss challenge outlined in the Rite Journey. The 'Solo' is a unique undertaking, which entails 2 hours of independent reflection time in the magnificent surroundings of Ikara National Park. The Solo permits students to experience solitude, whilst providing the space to reflect upon the year and their individual progress. Such opportunities for 'time out' are rare in a hyper-connected world. During Term 3, the focus of the Rite Journey program is the question "Is There Something More?" with themes focusing on mindfulness, stillness, and solitude. Preparation for the Solo experience is part of the program and honouring this experience is an important 'rite of passage' on their journey into adulthood. The teachers of Rite Journey look forward to supporting students in preparation for this important experience. The camp will take place over two groups from Wednesday 21 August - Friday 23 August.

**WHERE:**

Ikara National Park (Wilpena Pound camp site), Flinders Ranges

**ITINERARY:**

	<b>Group 1</b>	<b>Group 2</b>
<b>Wed 21 Aug</b>	Students will depart from Caritas College and travel to Hawker where they partake in a leisure walk along the Jarvis Hill Trail and will have recess whilst admiring the panoramic views. They will then travel onto Ikara National Park where they will set up camp. Once arrived and settled, students will participate in a small walk and the 'Solo experience'. They will return to the campsite for showers and Adnyamathanha Yarta (Welcome to Country).	Students in Mr Nistico and Mr Freeman's class will attend school as per usual. They will be invited to wear PE uniform.  Lesson 1 – 3 will be a range of English, Maths, Science, HASS, Religion lessons.  Lesson 4 – 6 students will participate in a range of Rite Journey Challenges.
<b>Thurs 22 Aug</b>	After pancakes for breakfast students will make and pack their recess, consisting of muesli bars and fruit. They will then participate in either – Mount Ohlssen-Bagge Hike or assist in preparation for departure. They will depart Ikara National Park at 11:00 am and return to Caritas College at approximately 2pm. Students will unpack equipment and be ready for regular dismissal time. The inclement weather plan will consist of various shorter and less challenging day walks.	Students will depart from Caritas College and travel to Hawker where they partake in a leisure walk along the Jarvis Hill Trail and will have recess whilst admiring the panoramic views. They will then travel onto Ikara National Park where they will set up camp. Once arrived and settled, students will participate in a small walk and the 'Solo experience'. They will return to the campsite for showers and Adnyamathanha Yarta (Welcome to Country).

<b>Fri 23 Aug</b>	<p>Students in Mrs Zubrinich's class will attend school as per usual. They will be invited to wear PE uniform.</p> <p>Lesson 1 – 3 will be a range of English, Maths, Science, HASS, Religion lessons.</p> <p>Lesson 4 – 6 students will participate in a range of Rite Journey Challenges.</p>	<p>After pancakes for breakfast students will make and pack their recess, consisting of muesli bars and fruit. They will then participate in either – Mount Ohlssen-Bagge Hike or assist in preparation for departure. They will depart Ikara National Park at 11:00 am and return to Caritas College at approximately 2pm. Students will unpack equipment and be ready for regular dismissal time.</p> <p>The inclement weather plan will consist of various shorter and less challenging day walks.</p>
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**ARRIVAL/DEPARTURE TIMES:**

Departing students are expected to be at school at **8:30am** to meet on Woodforde Street to pack the bus and prepare for departure to Ikara National Park at 9:00am. We will depart Ikara National Park at 11:00am and are expected to arrive back at school at approximately 2:00pm **for 3:00pm dismissal.**

Students are reminded that they are required to provide recess and lunch on their first day & snacks, along with other essentials such as sleeping bag and warm clothes. A full equipment list has been attached for your convenience.

**DEVICES**

As per the College's updated mobile device policy, all personal devices must be turned off and kept in bags for the duration of the excursion or handed in to staff at the start of the day, smart watches must be switched to flight mode. Students will not be permitted to use these at any point during the day until school dismissal upon return. If you need to make contact with anyone, do so by contacting the front office and they will communicate with staff.

**In case of emergency**

Students may be contacted through Miss Alanah Rowe on **0417 866 188** (calls only no SMS) / Wilpena Visitor Centre **8648 0048.**

If the camp is to be cancelled due to forecast weather, families will be notified the day before via text message.

If you require further information or have any queries, please contact Alanah Rowe on 8648 9700.

Please complete the attached Student Consent and Medical form and return by **Friday 2 August.**

Yours sincerely



Alanah Rowe  
R-12 Assistant Principal



Damian Smith  
Principal

## WHAT TO BRING on Year 9 Camp

### ESSENTIAL

#### ❖ General Clothing

<input type="checkbox"/>	1	Shoes (Sturdy & well worn)
<input type="checkbox"/>	1	Raincoat
<input type="checkbox"/>	1	Jumper (wool or polar fleece NOT COTTON)
<input type="checkbox"/>	1-2	Long Pants (comfortable, quick dry material)
<input type="checkbox"/>	2	T-Shirt ( <b>collared</b> , lightweight, quick dry material)
<input type="checkbox"/>	3	Socks (wool/nylon NOT cotton)
<input type="checkbox"/>	3	Underwear
<input type="checkbox"/>	1	Beanie
<input type="checkbox"/>	1	Gloves
<input type="checkbox"/>	1	Hat ( <b>wide brimmed</b> )
<input type="checkbox"/>	1	Thongs

#### ❖ Toiletries

<input type="checkbox"/>	1	Deodorant (roll on NOT aerosol)
<input type="checkbox"/>	1	Sunscreen (SPF 30+, roll on, screw on lid)
<input type="checkbox"/>	1	Lip balm (sunscreen based i.e. chapstick)
<input type="checkbox"/>	1	Insect repellent (screw on lid NOT aerosol)
<input type="checkbox"/>	1	Toothbrush & Toothpaste
<input type="checkbox"/>	1 (roll)	Strapping tape (Elastoplast)/ Sports braces
<input type="checkbox"/>	1	Sanitary items
<input type="checkbox"/>	1	Hand sanitiser
<input type="checkbox"/>	1	Wet wipes (small packet)
<input type="checkbox"/>	½ roll	Toilet Paper
<input type="checkbox"/>	1	Tissues (small packet)
<input type="checkbox"/>	1	Towel

#### ❖ Personal Medication

<input type="checkbox"/>	As required (i.e. asthma, hay fever etc.) Note: medication stored at school will be packed
<input type="checkbox"/>	Band-Aids
<input type="checkbox"/>	Panadol
<input type="checkbox"/>	Blister tape

#### ❖ Equipment

<input type="checkbox"/>	1	Whistle (for lost protocol)
<input type="checkbox"/>	1	Day pack (comfortable, sturdy)
<input type="checkbox"/>	1	Tent (shared with buddy, <b>school supplied</b> )
<input type="checkbox"/>	1	Sleeping Bag (Small, lightweight, 0° warmth rating)
<input type="checkbox"/>	1	Pillow
<input type="checkbox"/>	1	Blanket
<input type="checkbox"/>	1	Roll mat
<input type="checkbox"/>	1	Watch

<input type="checkbox"/>	1	Torch (head torch recommended)
<input type="checkbox"/>	1	Batteries (spare set for torch)
<input type="checkbox"/>	1	Bowl, Plate, Mug, Cutlery
<input type="checkbox"/>	1	Tea towel
<input type="checkbox"/>	2	Water bottle (2 x 1Litre bottles, minimum)
<input type="checkbox"/>	1	Garbage Bags
<input type="checkbox"/>	1	Stationary (small notebook & pen/pencil)

❖ *Food*

<input type="checkbox"/>	Packed recess and lunch for the first day
<input type="checkbox"/>	Snacks extra energy on hikes (no nuts)
<input type="checkbox"/>	Additional drinks such as hot chocolate/tea/milo etc.

**OPTIONAL**

<input type="checkbox"/>	1	Thermals (top & pants)
<input type="checkbox"/>	1	Sunglasses (carry at own risk)
<input type="checkbox"/>	3m	Length of strong cord
<input type="checkbox"/>	1 roll	Electrical tape
<input type="checkbox"/>	1	Ground sheet (for insulation under tent)
<input type="checkbox"/>	1	Mouse pad (seat)

\* Shower and toilet facilities are available at base camp\*

**WHAT NOT TO BRING:**

- Phones
- Cameras
- Go Pros
- Ipods/Ipads
- Headphones
- Soft drinks or energy drinks
- Any other form of technology