

---

# Parent/Guardian & Student Booklet

## Winter Connect Program



1 Black Possum Road, Bogong, 3699  
ABN: 27 819 095 091

---

An online version of this booklet can be downloaded at [www.outdoorschool.vic.edu.au](http://www.outdoorschool.vic.edu.au)

Parents/guardians should read this booklet with their child/ward prior to attending the parent information session. All relevant documents should be read, completed and signed prior to students commencing the program.

## What Will Students Learn at Bogong?

The learning intentions for our Winter Connect program are:

- ☼ To build **resilience** by developing strategies to cope with challenging situations by demonstrating persistence, motivation and initiative.
- ☼ To develop **specialised movement skills** in challenging movement situations and apply feedback in order to enhance performance.
- ☼ To develop a connection with the **Alpine Environment** by learning about it and spending time in it.

Parents/guardians should read this booklet with their child/ward prior to attending the parent information session. All relevant documents should be read, completed and signed prior to students commencing the program.

## About Bogong

Outdoor School - Bogong Campus, is a school staffed and funded by the Department of Education and Training (DET). We provide programs for Years Prep-12 students from Government Schools throughout Victoria. The Bogong campus is situated in Bogong Village, North-East Victoria. This is located 16 km from Mount Beauty and 15 km from both the Falls Creek ski resort and the Bogong High Plains. Bogong Village is surrounded by the Alpine National Park. Bogong is 380 km from Melbourne and takes around 6 hours to get there by bus.

# RESPECTFUL RELATIONSHIPS

### Respectful Relationships - Statement of Commitment

- We commit to action that promotes gender equity & respectful relationships.
- We will model respectful relationships between peers and all members of the school community.
- We will speak out about sexism, gender inequity and gender stereotypes.
- We will provide a safe, inclusive and supportive environment.
- We will provide a structural and cultural environment that promotes gender equity.

# Important Parent Information

Skiing activities are undertaken at the Falls Creek Alpine Resort (1,600m above sea level) and the adjoining areas of the Alpine National Park and Bogong High Plains.

The program will contain activities and events which are different from those experienced at school. Qualified and experienced teachers are responsible for the supervision and teaching of skiing and all necessary precautions are taken to minimise the possibility of injury.

Parents/guardians should understand however, that all the listed activities do carry risk of physical injury and that accidents can, and do occur. However, Outdoor School Bogong has an active and ongoing risk management program whose objective is to provide a safe and effective environment for students and staff.

In the event of insufficient snow, alternative activities will be run. These may include bushwalking, climbing/abseiling, mountain biking, orienteering, canoeing, pioneering and high ropes course. Many of the activities are conducted in remote locations and are subject to severe weather and other natural hazards. In the event of injury or illness, communications or emergency services may be limited or not available for periods of time. This may result in delays in injured/sick group members accessing more definitive care.

## Before Coming You Must Organise

### **Code of Cooperation** (See page 4)

- This must be read and agreed to by the parents/guardians and student.

### **Bogong Consent Form** (Handout)

- Must be read by parents/guardians and students, and then signed by both in conjunction with reading the Code of Cooperation.
- These must be returned to the teacher organising your program as soon as possible.

### **Bogong Medical Forms** (Handout)

- These forms must be completed and signed indicating the students' current medical status with any information requiring specific attention or treatment (e.g. allergies, medications being taken).
- Asthmatic students must bring all medications for their condition to Bogong. AND complete the attached School Camp and Excursion Asthma Update Form and attach a copy of their Asthma Action Plan. For a copy of any of these Asthma Action Plans, please visit our website at [www.outdoorschool.vic.edu.au](http://www.outdoorschool.vic.edu.au) under Forms and Information Booklets.
- Students with allergies are to complete the attached Allergic Reactions Action Plan.
- Students that have Anaphylaxis reactions **must** complete the attached EpiPen Anaphylaxis Action Plan.

### **Personal Clothing and Equipment** (See page 9)

- Please read through the list ahead of time and pack all the clothing and essentials to be well organised for the program. Also outlined is the equipment Bogong supply.

# School Values

## SCHOOL VALUES



### RESPECT

- Acting fairly with care and compassion
- Actively listening and acknowledging perspectives of others
- Showing empathy toward others

### INTEGRITY

- Being honest in all interactions
- Being a person who is reliable, dependable and trustworthy
- Showing responsibility for own and accountability around others' actions

### COMMUNITY

- Establishing and maintaining genuine, positive and supportive relationships
- Celebrating and valuing all people in an inclusive manner
- Acknowledging and working collaboratively with a shared meaningful vision

### EDUCATIONAL EXCELLENCE

- Being optimistic and positive
- An adventurous inclination to initiate and undertake new & daring challenges
- Resilience in adapting to challenges and adversity in a range of situations

# Student Code of Cooperation

## Guiding Principles

- To ensure that the rights of all individuals are protected whilst at Bogong, and to and from the Bogong.
- To establish the best possible learning environment.
- To ensure that breaches of the code of cooperation are treated in a fair and consistent manner and within the expectations of staff and students.

Rights	Responsibilities & Expectations
All individuals and their property are to be valued and treated with respect.	All students should treat one another, staff and property with respect.
All individuals have the right to a safe, secure and cooperative working environment in which participation, risk taking and confronting challenges are encouraged.	All students should act and behave in a way which does not endanger, intimidate or interfere with the participation of others.
All individuals have the right to privacy.	All students should respect others rights to privacy.
Staff should be able to perform their duties in an atmosphere of order and cooperation.	Students should comply with instructions given by any members of staff and should willingly participate in the daily routine of the School.
Staff, students and the natural environment have the right to exist in a healthy and environmentally considerate atmosphere.	All students should conduct themselves in a healthy and environmentally friendly manner towards other students, staff and the natural environment.
Bogong expects support from all students, parents/guardians and staff in implementing this Code of Cooperation.	All students should behave according to this code and accept the consequences if it is breached. All staff should fairly, reasonably and consistently implement this code. Staff and parents/guardians of participating schools should support Bogong in implementing the Code of Cooperation.

## Specific Rules at the School

To respect the rights and expectations of all individuals at the school the following forms of behaviour are considered a breach of the code and are therefore unacceptable:

- Bringing cigarettes, alcohol, non-prescribed drugs, offensive weapons, and pornographic material.
- Using language which is offensive, sexist, genderist or racist.
- Fighting, bullying (physical, verbal, indirect or cyber) or any other forms of aggressive behaviour.
- Being in the lodges/room of a person of another gender.
- Being in another student's room without permission.
- Leaving Bogong Campus boundaries without permission.
- Behaving in a manner which damages or vandalises the property of others or the environment.
- Climbing of trees, buildings or other structures without teacher supervision.
- Students bringing deodorant sprays.

### Personal ICT hardware such as phones, iPods and tablets are not to be brought to Bogong.

To maximise student learning we expect students to disconnect from all mobile devices for their time at Bogong. This allows students to engage with their peers, and the outdoor experience. Any mobile devices that are brought to Bogong, will be collected by Visiting Teachers upon arrival and stored in a secure place. If needing more information you may access a copy of our Personal Mobile ICT Devices Policy from our website via the following link <http://www.outdoorschool.vic.edu.au/policies/3699/>

## Implementation Process

The School has developed levels of appropriate responses and sanctions. Any breach of the Code of Cooperation will initiate a restorative approach. The staff will decide the appropriate level of action.

# Personal Clothing and Equipment

This list provides information on the types of the clothing and other essentials that you should bring. It also outlines the equipment supplied by Bogong

## Clothing

- 1 pair of long pants for skiing. (eg tracksuit - NOT jeans)
- 2 pairs of long pants for around school campus
- 1 set of thermals - top & bottom (recommended)
- 2 warm jumpers (wool or polar-fleece are best)
- 2 long sleeve shirts
- 4 T-shirts
- 5 sets of underwear
- 3 pairs of everyday socks
- 1 pair of thick warm socks (medium length)
- 2 long socks (ski socks or footy socks)
- 1 pair pyjamas
- 1 pair mittens or gloves
- Sunhat
- Beanie
- Neck warmer
- 2 pairs of closed shoes (eg sneakers/runners)
- 1 warm parka or jacket

## Toiletries

- Soap, toothbrush, toothpaste, hairbrush, roll-on deodorant ([don't bring spray deodorant](#)).

## Linen

- Sleeping Bag for sleeping indoors at Bogong,
- Pillow & pillow case
- Towel

## Other Items

- Sunglasses
- Sunscreen
- Drink bottle
- Torch (small with new battery)
- Personal medical requirements

## Bogong Supplied Gear

- Fitted sheet
- Waterproof jackets
- Waterproof over pants
- Gloves
- Lunch box and drink bottle
- Day-packs
- Specialist equipment (skis, boots, poles, helmet etc.) are all provided

## Please Note:

- All personal items and luggage should be clearly marked with the owner's name. The DET does not hold insurance for personal property brought to schools and it has no capacity to pay for any loss or damage to such property.
- Try to utilise clothes and other items you have at home rather than buying anything special for the program.
- Students are required to bring a cut lunch for their bus trip to Bogong Campus or have money to buy lunch along the journey.
- If travelling more than 2 hours, \$20 may be of value for meals en route. There is no facility at Bogong to spend this money.
- Outdoor School Bogong is a Sunsmart School. Students are encouraged to wear a hat and clothing with long sleeves and collars, to wear suitable sunglasses and to apply sunscreen.
- Students are not to bring deodorant sprays as they can set off the emergency fire alarm. Bring a roll-on deodorant instead.

# When You Are at Bogong

## **Physical Fitness for the Program**

The activities undertaken can be strenuous and it is strongly advised that students and visiting teachers undertake a **planned comprehensive fitness program** as part of their preparation for their time at Bogong.

## **Student Expectations**

The following should be made clear to students before their departure from school:

- Smoking, non-prescribed drugs and alcohol are strictly prohibited!
- Students will follow a tight program leaving them little free time.

Bogong is a school operated by the (DET), has a set curriculum and **is not a holiday centre**.

## **Accommodation**

Students and visiting teachers are accommodated in a two-story Lodge. Twenty-eight students (two per room) and two visiting teachers (VTs- a single room each) can be accommodated on each floor. Each student's room is furnished with two single beds, mattresses (the school will supply the bottom sheet – students are to bring a sleeping bag & pillow). All buildings are heated and facilities include modern bathrooms, indoor and outdoor recreation areas, drying rooms and a dining room. Facilities (i.e. wheelchair ramps and specialised bathrooms/toilets) are provided for students with physical disabilities. Refer to the Outdoor School website for more information.

## **Catering**

Bogong employs a chef and an assistant who provide all meals and specifically cater for the tastes and appetites of teenagers. For catering purposes, the actual numbers of students and staff from each school needs to be confirmed well in advance with any special dietary requirements.

## **Sick Students**

Should a student(s) be unable to take part in the program, then a visiting teacher may be required to supervise them at the Campus. Bogong has a sick bay for dealing with first aid needs.

## **Telephone Calls**

Inward phone calls are received between 8.30am and 4.30pm. Outgoing calls may be made any convenient time by staff or students if needed. Students are discouraged from calling or receiving calls during the program.

Bogong has an answering machine for times when the office is unattended. An after-hours phone number for emergencies is provided on the answering machine. All Bogong teachers have phones for safety during program.

## **Emergency Telephone Numbers**

Bogong Campus (Office)	03 5754 1732	Bogong Campus (Fax)	03 5754 1735
Principal – Tony Keeble	0417 541 732	Campus Principal – Roger Blackwell	0417 202 578
DET Office of Emergency Management – 24 hours		03 9589 6266	

## **Reports**

At the conclusion of the program, Bogong teachers will write reports for each student. Some programs may receive certificates.

## **Privacy, Student Engagement, Mandatory Reporting & Child Safe Policies**

Outdoor School has privacy, student engagement, mandatory reporting and child safe policies. These are available on the schools website at <http://www.outdoorschool.vic.edu.au/policies/3699/>

# Possible Programming

## General Program

Our ski programs are aimed at **beginners**. Students who can ski well may not find our program suitable for them. All skiing is at Falls Creek, and the students are transported to and from the resort each day.

## Snowshoeing (1/2-1 day)

Snowshoeing is an ideal way for students to move around without requiring the skills needed for skiing. Students may explore off track amongst the Sub-Alpine forest in a quieter manner or move up and down steeper terrain.

## Cross Country Skiing (1-2 days)

Cross country skiing enables the skier to ski uphill and yet still allow glide on the flat or downhill. Students are instructed in the basics of cross country skiing which will enable them to explore different aspects and areas of the alpine environment by way of a ski tour.

## Downhill Skiing (1-2 days)

Basic downhill skiing skills are introduced to students. The first day of downhill skiing involves instruction with Bogong staff in the morning and after lunch a 2-hour lesson with the Ski School. One of the home school's teachers' accompanies the group during the ski school lesson.

## Evening Sessions

A selection is made from the following sessions: Bogong at night; ski gear and skills prep; connect night; future actions; DVD night; night walk; environmental studies talks directed towards the program aim.

# Daily Outline

Whilst there may be some variation to times during the programs, here is a likely daily timetable. Your home school teacher will be emailed your timetable by the Program Manager in advance of your program. Below is a general guide for a typical day at Bogong during winter:

7:00am	Lights on and wake up
7:30am	Morning assembly #1
7:35am	Breakfast Hospitality Team & Student Action Team
8:00am	Breakfast
8:30am	Room clean up
8:55am	Morning assembly #2
9:15am	Depart for Falls Creek (30-45min travel time)
10:00am - 3:50pm	Skiing in the winter Alpine Environment
3:50pm	Depart Falls Creek for Bogong
4:30pm – 5:30pm	Free Time
5:30pm	Dinner Hospitality Team
5:45pm	Pre-dinner education
6:00pm	Dinner
7:15pm	Evening assembly
7:30 – 9.00pm	Evening activity session
9.00pm	Students into own lodge
9:30pm	Students into own room
9:45pm	Lights out

The visiting teachers (VTs) are responsible for the supervision of students between 10:00pm and 7:30am the next morning as there are no Bogong staff timetabled on.