

Outdoor School - Bogong

"Educating for Sustainable Living"

ABN: 27 819 095 091

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Teacher Booklet Winter Programs – Bogong Campus

An online version of this booklet can be downloaded at www.outdoorschool.vic.edu.au

Parent & Student Booklets can be translated into various languages for parents of your students using the 'Translate' icon in the Review tab when opening in word.

What Will Students Learn At Bogong?

Students will learn to...

CONNECT...

They will have opportunity to:

1. Demonstrate an understanding of the Alps Environment and its connection to home.
2. Learn about climate change and its impact on the Alps.
3. Learn about sustainability behaviours – Sustainable Living Actions (SLA's).
4. Develop personal and social skills.
5. Demonstrate execution of movement skills and advanced skills during selected complex activities.
6. Participate in recreational and leisure activities that maintain regular participation in moderate to vigorous physical activity.

Important Teacher Information

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 all adventure activities and necessary precautions are taken to minimise the possibility of injury.

Teachers/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 everyone.

In the event of no snow, activities may include bushwalking, climbing/abseiling, mountain biking, orienteering/rogaining, canoeing, pioneering, high ropes, creek walking, and the sensory trail course. Typically however, the winter program involves cross country skiing, downhill skiing and snow shoeing. Many of the activities are conducted in remote locations 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. It is important that students are appropriately insured for medical treatment as Outdoor School - Bogong, being a State Government School of Victoria, does not have any insurance to this effect.

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 (See pages 5)

- Must be read by parent/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 (See pages 6 - 9)

- 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.
- Asthmatic students **must** 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 under Forms and Information Booklets.
- Students with allergies **must** complete the attached Allergic Reactions Action Plan.
- Students that have Anaphylaxis reactions **must** complete the appropriate attached Epipen Anaphylaxis Action Plan.

Parents/Student Booklet

Send the parents/student booklet home for parents/guardians and students to read. A copy of this can be found at www.outdoorschool.vic.edu.au Discuss the Code of Cooperation, and clothing/equipment list with students.

Transport

Organise transport to and from Bogong. We encourage you to share transport with other schools visiting that same week to reduce costs. To optimise learning and allow safe travel time we would like schools to arrive at the times agreed in the 'Bogong Offer'. These times are important to Bogong for staffing and planning purposes. Bogong will give you recommended travel times from your school. We recommend Falls Creek Coach Service for their reliability and experience with times for getting to Bogong although you may have a preferred company.

Entering the Data

The student and visiting staff details from the consent and medical forms must be entered via our online portal.

You will receive automated emails to remind you when to complete these tasks but you may do this earlier if suitable for you.

1. Use this link <http://tinyurl.com/y8266pzu> to access the Cumulus portal.
2. If you have accessed this site before, log in as you have previously done.
3. If you have not been to this site before create a new account with your edumail address (must be edumail) and a password.
4. Once there you must enter the student's names, their consent and medical details, as well as your visiting teachers names and medical details.

A copy of the forms must then be sent on to Bogong via scan/email or fax two weeks prior to the program running.

Reserve List

Organise a reserve list of students in case of last minute cancellations. If unable to obtain a full quota of students, we suggest filling these places with students from other year levels. If sharing a program with another school they may be able to help out.

Personal Clothing and Equipment (See page 10)

- 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.
- Please be reminded that the Department of Education and Training 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.

Allocating Room Pairs

Log on to the Cumulus portal as indicated above and allocate student room pairs **at least 3 weeks prior to your program starting date**. Any specific details regarding student learning/behaviour that will assist us, let us know.

Bogong Campus staff suggest that students be allowed to select their own room pairs as it is important to put students into room pairs that they are comfortable with.

Allocating Students Ski Experience and Athletic Ability

We generally work with 4 groups of 10 students. These groups are streamed in terms of the student's capacity to ski. For the purposes of the program we required you to allocate the students a level of skiing capacity based on your schools general understandings of each student.

To allocate this level of skiing capacity you must access the online portal as indicated above and select the Ski Experience and Athletic Ability tab.

The levels are described as:

- | |
|---|
| <ol style="list-style-type: none">1. Advanced, very athletic and coordinated, may have skied before, strong level of resilience2. Intermediate, athletic and coordinated person, may have skied before3. Basic, not as athletic4. Beginner, not athletic, never skied before, may be less resilient. |
|---|

Bogong will then organise the student groups based on: the information you have given us; appropriate balance of schools represented in each group; appropriate balance gender in each group. It is intended that the students stay in these learning groups for the duration of the program.

As previously indicated above, your school is required to enter this data via the Cumulus online portal. See the sub-heading 'Entering the Data' on page 2.

In drawing up this list please consider the following:

- If the visiting teacher wishes to be with particular students please indicate this on the list.
- If you are aware of students who should be separated please let us know.

Please complete this list at least three weeks prior to the start of your program

Student Code of Cooperation



Guiding Principles

- To ensure that the rights of all individuals are protected whilst at Bogong, and to and from 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 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 of participating schools should support Bogong in implementing the Code of Cooperation.

Specific Rules at Bogong

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 or racist.
- Fighting, bullying (physical, verbal, indirect or cyber) or any other forms of aggressive behaviour.
- Being in the lodges/room of the opposite sex.
- 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.

Outdoor School – Bogong
Parent Consent Form — Valid 2019 & 2020



Student's Full Name: _____

Parent/Guardian Consent – please circle as appropriate – (if left blank we will assume yes is the response):

The collection and use of the students personally identifiable information via consent forms provided within the handbook and stored via Cumulus is done in accordance with the Privacy and Data Protection Act 2014. Data will be kept permanently as per the 2018 Retention and Disposal Authority for Records of School Records 3.3.1 Summary Enrolment Records requires.

I agree to my child using the internet and computer network at Bogong in accordance with the same internet student user's agreement that applies at their current school.	Yes	No
I also consent to my child being photographed and/or visual images of my child being taken whilst at Bogong by the DET. I also consent to these photos being used for use in the school's publications, the school's social media accounts and the school's website, for publicity purposes without acknowledgment and without being entitled to any remuneration or compensation.	Yes	No
Is English your child's main language?	Yes	No
Is your child of Aboriginal or Torres Strait Islander origin?	Yes	No
Has your child been away from home before?	Yes	No
I authorise the teacher in charge to administer paracetamol as per the Outdoor School protocol.	Yes	No

I agree to my child's attendance at the Outdoor School - Bogong on ____/____/____ (Starting Date)

I also agree to him/her taking part in any excursion or activities arranged for students in connection with the school program. I have read the **Parent & Student Booklet** and understand the program contains potentially hazardous activities in remote areas subject to natural hazards and severe weather.

I will notify the school if my child is in contact with any infectious disease within four weeks of departure date. In the event of any illness or accident, where it is impracticable to communicate with me, I authorise the teacher in charge to consent to my child receiving such medical or surgical treatment as may be deemed necessary. I accept responsibility for payment of any expenses thus incurred. In the event of my child being unable to accompany the rest of the group home due to ill health or accident I will make the necessary arrangements in liaising with the School Principal for his/her return.

I agree to ensure that my child's mobile devices (phones, tablets, iPods etc.) remain at home whilst they attend this program.

Should my son/daughter violate the rules of the school to the extent that the teacher in charge in consultation with the Principal of Outdoor School Bogong considers that he/she should be sent home, I agree to organise this withdrawal and fully cover the transport costs involved in this process.

Parent/Guardian's Full Name (please print)

Parent/Guardian's Signature

Date

I have read the Outdoor School Student Code of Cooperation and I hereby undertake that while travelling to and from the school and while in attendance I shall behave in a good and proper manner and shall observe whatever rules are decided on as best for the welfare of all.

Student's Signature

Date

Cancellation or Withdrawal

The Department of Education and Training (DET) reserves the right to cancel a program for any reason. In the event of a student's application being withdrawn prior to the commencing date of the program the DET through the Principal reserves the right to make a refund only where a reasonable excuse for withdrawal is offered. No refund will be made where a student leaves during the program except in the case of illness, and then only on a pro rata basis.

Outdoor School – Bogong

Medical Information Form — Valid 2019 & 2020

For Students & Visiting Teacher (VT) to fill in



This information is intended to assist Outdoor School – Bogong in case of any medical emergency with your child or a VT.
All information is held in confidence.

School: _____ Year Level/Visiting Staff: _____

Student Full Name: _____

Student Date of Birth: _____ Student Gender (Please circle): Female Male Gender Diverse

Parent/Guardian/Contact Person's Full Name: _____ Date of Birth: _____

Address: _____

Parent/Guardian/Contact Person's Mobile Phone: _____ Other Phone: _____

Home Email Address: _____

Medicare No: _____ Valid to: _____ Child's Number (eg. 2, 3, 4): _____

Health Insurance Fund: _____ Member No: _____ Ambulance Subscriber: Yes No

Tick	Item	Details
	Diabetes	
	Dietary Requirements	
	Dizzy Spells/Blackouts	
	Fits Of Any Type	
	Hay Fever	
	Heart Condition	
	Migraines	
	Physical Difficulties	
	Previous Injuries - When	
	Sleepwalking	
	Travel Sickness	
	Other	

Please tick the box on the left if your child suffers any of the following:

<input type="checkbox"/>	Anaphylaxis	If ticked, you MUST attach the appropriate completed Anaphylaxis Action Plan.
Responsible person is:		Please state below who will be responsible for carrying the Epipen?
<input type="checkbox"/>	Allergies	If ticked, you MUST complete and attach the Allergic Reactions Action Plan
<input type="checkbox"/>	Asthma	If ticked, you MUST complete and attach Asthma Update Form along with your child's personal Asthma Action Plan.

Year of Last Tetanus Immunisation (If known):	
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Medication – Is your child presently taking tablets and or medicine? YES / NO (If yes please detail below.)

Condition	Medication	Dosage	When given & instructions.

Swimming Ability: please tick the distance your child can swim comfortably.

☐ Cannot Swim
 ☐ Weak Swimmer (<50m)
 ☐ Fair Swimmer (50-100m)
 ☐ Competent Swimmer (100-200m)
 ☐ Strong (200m+) Swimmer

Signature of Parent/Guardian: _____

DET requires this consent to be signed for all students and teachers attending school excursions.

Date: _____

School Camp and Excursion

Asthma Update Form



Asthma
Foundation VIC

Name: _____

Date of birth: _____

Confirmed Triggers

Has the student been hospitalized due to asthma, had an acute asthma attack or worsening asthma in the last two weeks? ☐ Yes ☐ No

Has the student's asthma medications changed in the last two weeks? ☐ Yes ☐ No

Is the student well enough to attend camp/excursion? ☐ Yes ☐ No

This form is to be completed by parents/carers of students with asthma prior to an excursion or camp. The form is to be attached to a copy of the student's Asthma Action Plan and brought with students to the camp or excursion. Please provide as much detail as possible.

OTHER MEDICAL CONDITIONS

Has the student had any other illness in the last two weeks? ☐ Yes ☐ No

If YES, please provide details:

Nature of illness? _____

When? _____

Severity? _____

Has this affected their asthma? ☐ Yes ☐ No

ALLERGIC RHINITIS (HAY FEVER)

Does the student hay fever? ☐ Yes ☐ No Does the student have an action plan for hay fever? ☐ Yes ☐ No

Confirmed Triggers for hay fever

Medication

Device

Dose

When

Treatment

ADDITIONAL ASTHMA MEDICATION REQUIREMENTS

1. Medication Device Dose When

Instructions for use

2. Medication Device Dose When

Instructions for use

Doctors Name: _____

Phone: _____

Address: _____

Emergency Contact: _____

Phone: _____

The information provided on this plan is true and correct.

Signed: _____

Date: _____

Additional information:

ACTION PLAN FOR Allergic Reactions

Name: _____

Date of birth: _____

Photo

Confirmed allergens:

Asthma Yes ☐ No ☐

Family/emergency contact name(s):

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by:

Dr: _____

Signed: _____

Date: _____

Note: The ASCIA Action Plan for Allergic Reactions is for people with mild to moderate allergies, who need to avoid certain allergens.

For people with severe allergies (and at risk of anaphylaxis) there are ASCIA Action Plans for Anaphylaxis, which include adrenaline autoinjector instructions.

Instructions are also on the device label and at:
www.allergy.org.au/anaphylaxis

Note: This is a medical document that can only be completed and signed by the patient's treating medical doctor and cannot be altered without their permission.

MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of a severe allergic reaction to insects)

ACTION

- For insect allergy, flick out sting if visible. Do not remove ticks.
- Stay with person and call for help
- Give medications (if prescribed) _____
Dose: _____
- Phone family/emergency contact

Mild to moderate allergic reactions may or may not precede anaphylaxis

Watch for any one of the following signs of anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION

- 1 Lay person flat. Do not allow them to stand or walk.
If breathing is difficult allow them to sit.
- 2 Give adrenaline autoinjector if available.
- 3 Phone ambulance* 000 (AU), 111 (NZ), 112 (mobile)
- 4 Phone family/emergency contact

Commence CPR at any time if person is unresponsive and not breathing normally. If uncertain whether it is asthma or anaphylaxis, give adrenaline autoinjector FIRST, then asthma reliever.

* Medical observation in hospital for at least 4 hours is recommended after anaphylaxis

Additional information

ACTION PLAN FOR Anaphylaxis

For use with EpiPen® Adrenaline Autoinjectors

Name: _____

Date of birth: _____

Photo

Confirmed allergens: _____

Asthma Yes ☐ No ☐

Family/emergency contact name(s): _____

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

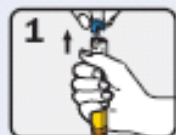
Plan prepared by: _____

Dr: _____

Signed: _____

Date: _____

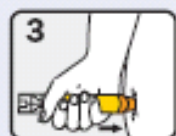
How to give EpiPen®



Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE.



PLACE ORANGE END against outer mid-thigh (with or without clothing).



PUSH DOWN HARD until a click is heard or felt and hold in place for 10 seconds.

REMOVE EpiPen®. Massage injection site for 10 seconds.

Instructions are also on the device label and at:
www.allergy.org.au/anaphylaxis

MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of a severe allergic reaction to insects)

ACTION

- For insect allergy, flick out sting if visible. Do not remove ticks.
- Stay with person and call for help
- Locate EpiPen® or EpiPen® Jr
- Give other medications (if prescribed) _____
Dose: _____
- Phone family/emergency contact

Mild to moderate allergic reactions may or may not precede anaphylaxis

Watch for any one of the following signs of anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION

- 1 Lay person flat. Do not allow them to stand or walk. If breathing is difficult allow them to sit.
- 2 Give EpiPen® or EpiPen® Jr
- 3 Phone ambulance* 000 (AU), 111 (NZ), 112 (mobile)
- 4 Phone family/emergency contact
- 5 Further adrenaline doses may be given if no response after 5 minutes (if another adrenaline autoinjector is available)

If in doubt, give adrenaline autoinjector

Commence CPR at any time if person is unresponsive and not breathing normally. If uncertain whether it is asthma or anaphylaxis, give adrenaline autoinjector FIRST, then asthma reliever.

EpiPen® is generally prescribed for adults and children over 5 years.

EpiPen® Jr is generally prescribed for children aged 1-5 years.

*Medical observation in hospital for at least 4 hours is recommended after anaphylaxis.

Additional information _____

Note: This is a medical document that can only be completed and signed by the patient's treating medical doctor and cannot be altered without their permission.

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 (tracksuit or thermals for skiing. (NOT jeans)
- 2 pairs of long pants for around school campus
- 2 jumpers
- 1 pair mittens or gloves
- Sun hat
- Beanie
- Neck warmer
- 2 pair sneakers/runners
- 2 long sleeve warm shirts or thermal tops
- 2 woollen or 'polar-fleece' jumpers (at least)
- 4 T-shirts
- 5 complete changes of underwear
- 5 pair of socks (long and thick - Explorer brand or wool are good)
- 1 pair pyjamas
- 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.
- Recommended pocket money for students is \$20 for meals on route. There is no facility at Bogong Campus 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.

Transport

Schools are required to arrange for return transport between the school and Bogong. The Outdoor School recommends Falls Creek Coach Service for their reliability and experience with times for getting to Bogong. Local transport during the program may be either self-drive using school vehicles, or by coach. The High Plains Road from Mt Beauty to Falls Creek is declared hazardous from the Queen's birthday weekend until the end of the snow season and requires a Hazardous Endorsed bus and driver to drive on it.

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 only 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.

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 schools teachers' accompanies the group during the ski school lesson.

Evening Sessions

A selection is made from the following sessions: Bogong at night; ski gear/skills prep; connect night; future actions; DVD night; night walk; environmental studies talks directed towards the program aim. There may be a night where the visiting staff will be required take an activity session.

Working with Our Teachers

During timetabled activity time the Bogong teachers will be responsible for all logistical and practical decision making with respect to the movements and skill development of the group. The visiting teachers role will be to assist in the management of students and where appropriate team teaching with the Bogong staff.

Prior skiing experience is essential and requires strenuous physical activity, thus a reasonable level of fitness is expected from visiting teachers.

Visiting Teacher Survey

On a Thursday evening all visiting teachers are to complete an online survey. This will take about 10 minutes and is valued by our school for further improvement.

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/>

BOGONG WINTER CONNECT - PERSONAL LEARNING PLAN

Personal Details			
Name:	Year Level	8 9 10	Group:
School:	Bogong Group Teacher(s):		

What Do I Hope To Achieve This Week....

What are we aiming for this week at Bogong?

Learning Sequence					
DEVELOPMENT OF RESILIENCE	Applying Resilience Attributes and Strategies	I describe the influence that personal strengths have on achieving success. I undertake some tasks independently.	I apply my personal strengths to achieve a successful outcome. I undertake tasks independently, within a negotiated time frame.	I use feedback to identify my achievements and prioritise areas for improvement. I initiate and undertake some tasks independently, within negotiated time frames.	I use feedback to identify my achievements and prioritise areas for improvement. I show some knowledge of persistence, motivation, initiative and decision making through completion of challenging tasks.

Learning Sequence					
CONTRIBUTING TO HEALTHY AND ACTIVE COMMUNITIES	Strategies to enhance own and others' health, safety and wellbeing	I can explain and apply strategies to enhance my own and others' health, safety and wellbeing at home, at school and in the community.	I can analyse strategies to enhance my own and others' health, safety and wellbeing at home, at school and in the community.	I can justify actions that promote my own and others' health, safety and wellbeing at home, at school and in the community.	I can develop my preferred future and enhance my own and others' health, safety and wellbeing.

Telling Others of your Success

Let Bogong Know: It is valuable for others to hear of your efforts, success and challenges



Outdoor School Bogong



osbogong



www.boec.vic.edu.au

PREFERRED FUTURE ACTIONS

Tick the ones you already do

- | | | |
|---|--|--|
| <input type="checkbox"/> Switch off lights when leaving | <input type="checkbox"/> Practice mindfulness | <input type="checkbox"/> Green waste in the green bin |
| <input type="checkbox"/> Nude lunch box | <input type="checkbox"/> Buy locally produced food | <input type="checkbox"/> Grow veggies in backyard |
| <input type="checkbox"/> Compost at home | <input type="checkbox"/> Take part in Environmental campaigns | <input type="checkbox"/> Ride to school |
| <input type="checkbox"/> Put on jumper before heater | <input type="checkbox"/> Buy fruit and vegetables that are in season | <input type="checkbox"/> Pick up litter |
| <input type="checkbox"/> No sugar on my breakfast | <input type="checkbox"/> Water saving shower head | <input type="checkbox"/> Use reusable water bottle |
| <input type="checkbox"/> Walk to school | <input type="checkbox"/> Back yard chooks | <input type="checkbox"/> 20 minutes of physical activity, 3 times a week |
| <input type="checkbox"/> Eat fair trade chocolate | <input type="checkbox"/> Eat everything on your plate | <input type="checkbox"/> Less than 4 minute showers |
| <input type="checkbox"/> Use public transport | <input type="checkbox"/> Meat free dinner once a week | <input type="checkbox"/> Volunteer in my local community |
| <input type="checkbox"/> Host a clothing swap | <input type="checkbox"/> Switch appliances off when not using | <input type="checkbox"/> Spend less than 2 hours on screens a day |
| <input type="checkbox"/> Shop at the op-shop | <input type="checkbox"/> Recycle soft plastic | <input type="checkbox"/> Model respectful relationships |
| <input type="checkbox"/> Don't accept plastic bags | | |
| <input type="checkbox"/> Visit national or state parks for adventures | | |

Action Time

My Preferred Future Action is:

WHY IS YOUR PREFERRED FUTURE ACTION IMPORTANT?

WHAT ARE THE PERSONAL BARRIERS AND BENEFITS OF YOUR ACTION?

BENEFITS

1. _____
2. _____
3. _____

BARRIERS

1. _____
2. _____
3. _____

Timetable

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.

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
10:30 – 12:30pm	Skiing
12:30 – 1:15pm	Lunch
1:15 – 3:30pm	Skiing
3:50pm	Depart Falls Creek
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 – 9:30pm	Free time
9:30pm	Students into own dorm
9:45pm	Students into own room
10:00pm	Lights out

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

There are Bogong staff who reside on site.

Visiting Teacher Duties

During non-activity time visiting teachers (VTs) will be required to supervise students around the campus, particularly in the lodge area. Visiting teachers will be required to complete any of the below duties, while a roster will be provided at the beginning of the week during briefing time with the Program Manager.

DUTY	EXPLANATION
Wake Up & Assembly 7:00am	Knock on doors and ensure that students are awake and getting out of bed. You can put on music in the audio room. Unlock all doors. At 7:30am assemble and account for all students.
Morning Activity 7:35am	Take students (except hospitality and team) for an exercise activity for about 10-15 minutes. Some possibilities would be a run, stretches, walk to lake, volleyball etc. Gather the students in the rec room at 7:55am for breakfast.
Student Action Team Supervision 7:35am	Collect the Student Action Team clipboard from the boy's noticeboard area. Allocate a team leader to delegate tasks. Students to work through the tasks on the clipboard. Check that jobs have been done well.
Morning Weather & Breakfast then all Level Supervision 7:35am	<ul style="list-style-type: none"> At 7:35am go to breakfast with the hospitality team. Select and work with 2 hospitality students to collect the weather recordings. Help students to fill out the weather recording sheet and prepare for their summary to present to all. Have breakfast with the hospitality team. You must be ready to leave the dining room when the first student finishes their breakfast and leaves the dining room to continue supervision.
Room Check 8:40am	Check rooms off using the tick sheet hanging in the foyer, ensuring fitted sheets are on beds, beds are made, and window is open.
All Level Supervision then Dinner with the Group 4:30pm	Actively supervise students on all levels. Gather students in the rec room at the nominated time and line them up for dinner.
Evening Weather & Hospitality then all Level Supervision 5:30	<ul style="list-style-type: none"> At 5:30pm go to dinner with the hospitality team Select and work with 2 hospitality students to collect the weather recordings. Help students to fill out the weather recording sheet and prepare for their summary to present to all. Assist delegated students with Garden maintenance Be one of the first to have your own meal. You must be ready to leave the dining room when the first student finishes their dinner and leaves the dining room.
Supervision of all Levels then Rooms 9:00pm until 10:00pm	Actively supervise all levels till 10.00pm. Recommended students in own corridors/rooms at 9:30pm, then in their own rooms by 9:45pm, Lights out at 10:00pm.