20 August 2014

Year 7 Mountain Excursion

Dear Parent/Guardian,

On the following days throughout September, our Year 7's will have a day trip outing with their Home Room Group. The schedule is as follows:

- Blue – Monday 8 September
- Red – Tuesday 9 September
- White – Thursday 18 September
- Green – Monday 22 September
- Gold – Tuesday 23 September

We have planned an experience of Mount Wellington, followed by a picnic at the Waterworks Reserve with games and activities being led by our Year 10 Peer Support Students.

Buses will leave MacKillop shortly after morning Home Room and will take us to Fern Tree for a walk along the downhill track to the Waterworks. We will be ably led by Outdoor Education staff. Students should wear their sports uniform, with our regulation sneakers and spray jacket. If students have a more heavy duty waterproof jacket than the school spray jacket then we would suggest bringing that instead as well. They should bring a good sized water bottle and a picnic lunch which will be shared after the walk, at the Waterworks Dam. It will likely be cold, so it is important that students ‘rug up’ and bring a beanie and gloves, more detail about what to bring is attached to this letter.

The aim of the day is to consolidate the group learnings, which were begun in our Term One camp experience, in a relaxed environment and shared outdoor experience. We will celebrate the wonderful beginnings that your child has made in their own MacKillop journey.

It has been a great first half of the year for the Year 7’s and this day is an integral part in continuing the pastoral care that MacKillop provides. It is important that your child attends. Should there be any difficulties, please contact your Home Room teacher, or myself. Please sign the form below acknowledging the receipt of this letter.

Kind regards,

Olivia Stephen
Year 7 Coordinator
MacKillop Catholic College

Attn: Mrs. Stephen Return by Wednesday 3 September 2014

Student Name:___________________________Homeroom:_____________

Parent/Guardian Signature:__________________________

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Mountain Walk Clothing

For this day walk it is important that students are dressed appropriately. It is required that students have enough warm clothing as well as a waterproof rain jacket and sturdy footwear. If possible it would be ideal for students to be wearing woollen or polar fleece clothing as they are the best material for keeping students warm even if they become wet. Thermal underwear also made from wool or synthetics is great to wear as a base layer. Cotton clothing is not recommended due to its tendency to extract warmth from the body when it becomes wet. The school-issue synthetic track pants are ideal for this day walk.

It is compulsory that students carry a rain jacket for this day walk. Down Jackets and soft shell jackets are not rain jackets. They are designed to keep heat in but not rain out. If a student wishes to bring a down jacket or soft shell jackets they are more than welcome to but they will still need to bring a waterproof jacket as well.

Appropriate footwear will also be needed on the day. A sturdy pair of runners will be idea for the days walk.

What else do I bring?

Students will be having a picnic lunch at the Waterworks reserve after the walk, and the peer support students who worked with them this year will be running some activities. It is suggested that ALL students brings some morning tea to have during the morning and a packed lunch. This should be food that will fill them up and should provide them with ‘good calories’ for the walk (chips and lollies etc are not ideal). All students will be expected to take any rubbish out with them, to ensure that we look after our environment.