

INDOOROOPIILY **Ironbark** Program and Parent Information 2022

S[†]PETERS

LUTHERAN COLLEGE

Excellence in Christian Co-education



Ironbark Outdoor Education Centre p: 07 4698 1171 e: ironbark@stpeters.qld.edu.au



Program Outline

The Ironbark program exists to aid in the development of our adolescent students by supporting the Junior High Sub School. The Ironbark program has a rich history at St Peters commencing in 1974 with a pilot program followed by Year 10 students attending for a duration of 10 weeks since 1976. The program has now evolved to a 5 week experience for Year 9 students providing opportunities in Agriculture, Outdoor Adventure and Community Living.

The Ironbark program focuses on three core aims:

Community: To create a Christian community that enables the development of skills and understanding and relating to others, self, the environment and God. To inspire students to adopt and respect a community minded approach to living and learning.

Commitment: To develop a sense of commitment to task and to others in the community. To enable and encourage students to show respect and assume responsibility while developing initiative and leadership by achieving their personal best.

Connection: To facilitate students in making a connection between the Ironbark experience and life. To provide opportunities for students to experience a connection between actions and consequences and/or purposeful outcomes.

At Ironbark, we value:

Relationships – focusing optimistically and believing you and others matter

Engagement – building your connection to yourself and the present moment

Vitality - having a healthy body and healthy mind

Achievements – building your capabilities to strive, thrive and flourish

Meaning – having passion and a reason for what you are doing

Positive Emotions – being in charge of your emotions through your strengths.

Ironbark is best explained in the following excerpt from a letter to a new staff member:

'Ironbark is a place for kids. I want kids to be involved in doing everything that you believe is a good thing for them to do. I want kids to work closely with you to see your Christian life in action in all kinds of situations. I want kids to feel the power of living in a community, of working hard, of having achieved some job of work on which the community depends, and, by facing these challenges in a positive way, building a sense of self-worth, competence and a feeling of the value of service...'

Program Activities

During their stay at Ironbark your child will possibly participate in the following activities:

Agricultural Skills:

- feeding and handling livestock, eg milking cows
- manual labouring tasks, eg building projects
- horse riding
- chopping firewood
- gardening

Cronins Pioneering Program:

- whipcracking
- camp oven cooking
- sleeping in swags
- blacksmithing
- leatherwork
- bushcraft
- 'Dunny Runs'
- unaccompanied camping (Survival)

Outdoor Adventure Program:

- navigation/orienteering through bushland
- four-day hike
- swimming?
- high ropes
- cross country running/sporting games
- 24 hour Solo
- initiative challenges

Community Living Tasks:

- communal living
- personal reflection
- preparing food
- cleaning dorms
- washing clothes
- traveling in motor vehicles
- attending church services

5 Week Program Outline - 2022

WEEK	DAY	ACTIVITY	
1	Mon	Staff Prep Day	
	Tues	Arrival, unpack, community lunch, orientation	
	Wed	Food Prep / Work / Horsemanship/ Initiatives & Low Ropes	
	Thurs	Food Prep / Work / Horsemanship / Jacobs Ladder	
	Fri	Food Prep / Work / Horsemanship / Jacobs Ladder	
	Sat	Timed Run / First Aid	
2	Sun	Chapel / Rest Day	
	Mon	Group 1 (mixed Boys and Girls) Tree Climb / Food Prep / Work	Group 2 (mixed Boys and Girls) Cronins - Bushcraft / Work/ Cook
	Tue	Tree Climb / Food Prep / Work	Blacksmith / Leather work / Cook / Work
	Wed	Navigation Training / Food Prep / Horses	Survival
	Thurs	Navigation Training / Food Prep / Horses	Survival
	Fri	Training Hike	Survival (Return to Base)
	Sat	Teams Challenge Day	
	Sun	Rest Day	
3	Mon	Cronins - Bushcraft / Work/ Cook	Tree Climb / Food Prep / Work
	Tues	Blacksmith / Leather work / Cook / Work	Tree Climb / Food Prep / Work
	Wed	Survival	Navigation Training / Food Prep / Horses
	Thurs	Survival	Navigation Training / Food Prep / Horses
	Fri	Survival (Return to Base)	Training Hike
	Sat	Scavenger Hunt	
	Sun	Timed Run / Chapel / Rest Day	
4	Mon	Hike Prep	
	Tues	Hike - Day 1 Eskdale	
	Wed	Hike - Day 2 Sebastapool	
	Thurs	Hike - Day 3 Birches Gully	
	Fri	Hike - Day 4 Return to Ironbark	
	Sat	Rest day at Base	
	Sun	Timed Run / REVAMP practice / Solo Prep	
5	Mon	Boys Solo & Interviews	Girls Food Prep/ Work/ Horse Riding/ Flying Fox
	Tues	Boys Solo return / Solo Debrief	Girls Solo & Interviews
	Wed	Boys Food Prep/ Work/ Horse Riding/ Flying Fox	Girls Solo return / Solo Debrief
	Thurs	Rogaine / Community Service	
	Fri	Ironbark Event / Debrief / Boys Night & Girls Night	
	Sat	Clean up / Graduation / Departure	
	Sun		

2022 Program Dates

TERM 2

9AB: Tuesday, 19 April - Saturday, 21 May

9CD: Tuesday, 24 May - Saturday, 25 June

TERM 3

9EF: Tuesday, 12 July - Saturday, 13 August

9GH: Tuesday, 16 August - Saturday, 17 September

TERM 4

9JK: Tuesday, 4 October - Saturday, 5 November

9LM: Tuesday, 8 November - Saturday, 10 December

Preparing for Ironbark

Packing

Students will have a variety of activities to complete whilst at Ironbark. This can range from farm jobs, hiking/camping through to attending activities in the community. We do not expect you to spend a small fortune in preparing for the program but please ensure your child has the essentials.

The following packing list includes all essential items for their comfort and safety.

Students will need to bring clothing that is suitable for work tasks and that can get dirty. We respect the wishes of parents to choose where to buy items but we stress that students should at least have good robust shoes for working/hiking to reduce injuries and blisters and a good sleeping bag for their minimum of eight nights camping.



Luggage

Please keep baggage to a minimum as bus and dormitory storage space is limited. Two suitcases and a back pack should be enough. Please ensure suitcases weigh less than 25kg for ease of lifting.

Electronic Devices

To maximise face-to-face social interaction and quiet reflection time, radios, mobile phones, iPods, ebooks, etc, are not to be brought to Ironbark. Any of these items found will be confiscated. This includes digital cameras as we will provide these to students to take photos. These photos will be available after the program.

Medical Information

Please return the completed medical forms to the Junior High Reception **at least 3 weeks before Ironbark attendance** clearly marked 'Consent Form'.

The process of ensuring that we have the correct medical information is lengthy and thorough. Please ensure that you fill out the information carefully and complete the checklist before returning to reception. If any further information needs to be communicated to Ironbark staff after you have returned the forms send an email to ironbark@stpeters.qld.edu.au with the updated information.

Students should have a complete medical and dental check-up before going away. Students will be required to hand in all medication on arrival at Ironbark. Ironbark has access to a local Medical Centre, an Ambulance Station and both Public and Private Hospitals in Toowoomba. Ironbark supplies medications for students on a first aid basis if needed ie. panadol, throat lozenges, etc. Parents are asked to send **only prescribed medications**. Any medications that are prescribed by doctors whilst at Ironbark will be paid for out of the student's pocket money. Parents will be consulted.

We accept there are risks involved in performing such tasks but management strategies are implemented to ensure risks to both students and staff are minimised. Parents need to be aware that in the event of illness or accident they will be informed once all details are known and an action plan will be instigated. At times when students are located in remote settings it may take longer for medical assistance to be obtained but all Ironbark staff are trained in First Aid procedures and will manage the situation until such assistance arrives.

Pocket Money

We suggest \$70 as a reasonable amount of pocket money for the duration of the course. Money will be lodged with staff and banked until required by the students for incidentals. The balance is refunded on the last day minus any expenses incurred including breakages. Students usually like to purchase a class t-shirt (\$30), craft items they construct (some are free) and Ironbark merchandise.

Transport

Students will take a bus to Ironbark. Students and parents are to meet at the School bus stop at 7:00am on departure date.



Prohibited Items

- weapons of any kind (this includes replicas, pocket knives, etc)
- prohibited substances (eg. illegal drugs, prescribed medications
 - unless given to medical staff or the prescribed medicine is an asthma inhaler)
- implements or instruments for the use of illegal drugs
- alcohol
- cigarettes/tobacco
- pornographic or offensive material (the College determines what is offensive by its christian values/teachings as well as an understanding of wider community values)
- lollies/junk food
- magazines
- permanent marker pens
- make-up

Packing List

Clothing/Equipment:

Day Clothes: Day clothes need to be tough, comfortable and able to get dirty. Pack at least 7 sets of clothes.

- ✓ shirts need to be a combination of t-shirts and collared shirts avoiding low neck lines to help with sun protection
- ✓ all shirts must have sleeves (no bare midriffs)
- ✓ long pants (to protect from scratches in the bush)
- ✓ broad-brimmed sun hat (not straw)
- ✓ at least 6-8 pairs socks and underwear
- ✓ shorts must be practical to wear a harness (no revealing shorts)
- ✓ daily water bottle (sports drink bottle is fine)

Evening

- ✓ modest casual clothes
- ✓ pyjamas

Workwear / Horse Riding

- ✓ gardening / work gloves
- ✓ denim jeans for horse riding and blacksmithing
- ✓ if your child wear size 12 + shoes bring school shoes for horse riding

Warm Clothes: It's much colder at Ironbark than in Brisbane!

- ✓ jumpers
- ✓ tracksuits
- ✓ beanie, thermals and gloves (suggested for winter groups)
- ✓ warm jacket
- ✓ waterproof raincoat - activities still continue in the rain (preferably hooded & thigh length)

Footwear: A minimum of 2 pairs of closed shoes/boots

- ✓ supportive running shoes in good condition for running and hiking over rough terrain
- ✓ hiking/working boots are allowed but not essential
- ✓ thongs/ugg boots for inside dorms only
- ✓ one pair of shoes that can get wet/muddy

Running / Hiking / Camping:

- ✓ singlets, bike pants, tights are allowed for running only
- ✓ lightweight long sleeved shirt and shorts/long pants swimmers – one piece
- ✓ 4 pairs of additional thick socks to be used for hiking only
- ✓ 1 pair of sock protectors (to prevent grass seeds in socks)
- ✓ torch – we prefer a headlamp with spare batteries so that students can do tasks hands free
- ✓ sleeping mat (no greater than 60cm wide to fit in a hike pack)
- ✓ 1 sleeping bag (for camping only). Please ensure it is appropriate for the season
- ✓ water bottles/bladders to carry 3 litres, for hiking only (to be handed in on arrival)
- ✓ sunglasses - students find that glare can be an issue
- ✓ wet /baby wipes (to act as improvised camping shower)

All hike packs, tent flies and cooking equipment are provided.

Dormitory Bedding:

- ✓ 1 pillow and 2 pillow cases
- ✓ 2 fitted sheets
- ✓ 2 flat sheets
- ✓ 1 doona, quilt or blanket (not sleeping bag)
- ✓ 2 towels
- ✓ 1 face washer

Toiletries:

- ✓ toothpaste
- ✓ soap
- ✓ shampoo
- ✓ roll-on insect repellent
- ✓ roll-on deodorant
- ✓ sunscreen
- ✓ hand sanitiser (100ml)
- ✓ lip balm (suggested)
- ✓ sanitary items
- ✓ razors

Aerosol cans, make-up, hair clippers are not permitted.

Daily Living:

- ✓ 1 set of cutlery/crockery: knife, fork, spoon, sturdy plate, bowl, and mug in a cloth bag (no ceramics)
- ✓ mesh laundry bag for underwear
- ✓ clothes pegs
- ✓ 2 tea towels
- ✓ medication (must be named, labeled and stored in a zip lock bag / similar container)
- ✓ pocket money
- ✓ watch (preferably with alarm)

Stationery:

- ✓ note book/writing paper
- ✓ pens and pencils
- ✓ 1 x exercise book for daily journal (encouraged)
- ✓ envelopes and stamps (including some priority stamps for faster return)
- ✓ blue-tack if wanting to display photos, letters, etc

Stationery items can be purchased from the Ironbark shop using student's pocket money.

Musical Instruments:

Students have the opportunity to practice and perform during the program. Students are encouraged to bring their instruments, providing they check the suitability beforehand.

Travelling to Ironbark:

Wear comfortable clothing, sensible walking shoes and a hat.

Please keep luggage to a minimum.

ENSURE ALL ITEMS ARE CLEARLY MARKED WITH YOUR NAME

Prohibited items will be confiscated

Ironbark Student Consent & Medical Form

IMPORTANT: Please complete and return to Junior High Reception **three weeks before** your child will attend Ironbark.

Section 1: Parent/Guardian Consent

Ironbark staff members take very seriously the responsibility they assume for the safety and wellbeing of all students who come under their care. Great care is taken to ensure that safety and well-being. The Ironbark staff will ensure as much as is reasonable that parents are kept informed and consulted about matters of importance relating to their child. Parents are asked in return to inform the Director of any important information prior to or during their child's stay at Ironbark so that appropriate care can be provided.

I give my consent for my child to participate in the Ironbark program and agree to delegate my authority to the staff involved.

Staff may take whatever disciplinary action they deem necessary to ensure the safety, well-being and good conduct of the students as a group or individually in the Ironbark program. I agree to pay all expenses should it be necessary to send my child home for medical or disciplinary reasons.

I authorise the staff to obtain the medical assistance that they deem necessary, should an accident or illness occur, and agree to pay all medical expenses incurred on behalf of the above student. I further authorise qualified practitioners to administer anaesthetic as required.

I submit the following medical information about the above student and include details of any limitations that may affect him/her during the Ironbark program.

I have read and understand the information package and agree to accept the terms and philosophy of the Ironbark program.

Student Name	Signature
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Parent/Guardian Name	Signature
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Section 2: Student Details

First Name (preferred)	Surname
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Date of birth	/	/
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Home address

Section 3: Parent / Guardian Details

Parent/Guardian (1) Name	Relationship to student
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Home	Work	Mobile
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Email

Parent/Guardian (2) Name	Relationship to student
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Home	Work	Mobile
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Email

Other contact (emergency only) Name	Relationship to student
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Home	Work	Mobile
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Email

Section 4: Medical Details

Medicare Number	Student's Position on card	Expiry date
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Name of Person at top of card	This persons date of birth
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Private Health Fund	Member Number
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After hours hospital preference (please circle)	Public / Private
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Student Name: _____

Section 4 cont'd: Medical Details

Family Doctor Name and Practice _____

Phone _____

Email _____

Orthodontist Name and Practice (if applicable) _____

Phone _____

Email _____

Section 5: Confidential Student Medical Information

Please list any medical conditions and provide details of treatment plans and prescribed medications (include dosage and frequency) which affect the student. Include vitamins and supplements. **If your child is diagnosed with Anaphylaxis, Allergies and/or Asthma, we will require the Allergy Action Plan or Asthma Action Plan signed by your doctor to be attached to this medical form.** Please consult your doctor for details. If your child needs to bring an EpiPen please ensure that two come to Ironbark.

If your child has experienced issues with anxiety or depression this also needs to be communicated. It is essential that you contact the Director of Ironbark prior to the program to provide some history of this. In some circumstances a medical clearance may need to be provided by a medical professional for your child to attend.

All medication will be stored in the Health Centre and issued by staff. Exceptions may be made in cases requiring self-administration – please contact the Director prior to the program if this applies. Please advise Ironbark in writing/by email of any changes to this list before the commencement of the program.

Condition	Treatment plan	Prescribed medication

Minor Medical Issues: Students at Ironbark will, from time to time, experience minor health issues as is the case when at home. We carry supplies of over-the-counter medications to administer for short term relief and ask that parents do not provide your child with over-the-counter medicines unless required on a regular basis (enter details above if that is the case). Please do not send non-essential items or items which have not been specified above.

Restrictions: Please advise below any medical restrictions that exist for your child. List any medications or procedures for which you do not give permission.

Section 6: Specific Dietary Requirements

Food	Reason for exclusion from diet	Recommended substitute

While at Ironbark

Correspondence/Communication

We expect students to write to parents at least once each week. Students do not have access to telephones or computers and therefore look forward to receiving letters from home as their form of communication with family and friends. If you have family overseas or in remote locations we are happy for you to email letters to us. Parents are also welcome to contact the Ironbark staff by phone or email if they have any concerns or questions during the course. Please inform us immediately if your emergency contact details change during your child's stay.

Photos will be posted intermittently on our Facebook page during your child's stay and a photo package will also be available for download a few weeks after the completion of the course.

Student Birthdays while at Ironbark

If a student has a birthday while at Ironbark, parents are able to contact the office on 4698 1171 prior to organise a time to call their son/daughter (generally done in the evening around 6pm). Family and friends are encouraged to send presents, if so desired. However, we do ask that thought is given to comply with the expectations and allowable items.

Parcels

In order to maintain our philosophy of 'sticking to basics' we ask that parcels not be sent to the students. Urgent needs can be posted to the student. All parcels will be opened under supervision of a staff member. Please do not try to smuggle items of contraband as they will be confiscated and will not be returned, this practice contradicts the spirit of cooperation and trust we aim to achieve.

Solo

In the last week every student will complete a 24 hour solo. The purpose of this experience is to provide an opportunity for the students to reflect on their experiences at Ironbark in the quiet surrounds of the bush. Students will be assigned a campsite, relevant equipment and tasks to complete. During this time a staff member will also conduct a one on one interview with the students to gain feedback for the reporting process. The solo is an overnight stay in the bush alone at the designated campsite.

Students value this experience highly and during the 4 weeks prior students acquire the necessary bush skills and self-discipline to complete the solo safely. They are checked on by a staff member, and are able to radio, raise attention with a whistle in case of emergency. Adjustments will be made for those students who are very uncomfortable about this experience. This is a valuable experience for our students to reflect on their time at Ironbark.



Boys/Girls Night

We believe it is important for families to play a part in this experience and Boys/Girls Night allows that opportunity. You will receive an email from Ironbark once your child has arrived asking you or a family member to make a contribution to Boys/Girls Night in Week 5. We will be seeking a significant male for boys and a significant female for girls to provide a special something for the students, the email will explain. If this person is not a parent we ask that you have someone in mind so that the process runs smoothly.

Returning Home

Graduation Day is held on last Saturday of the program where parents come to Ironbark to collect their child (extended family members are also welcome). If you are unable to come to Ironbark you should arrange alternate transport and notify us of the details as soon as possible. There is no bus service back to Brisbane for the students.

Graduation Day is the student's opportunity to share their experience during the five-week program with their families. It is important that parents allow time in their schedules to celebrate the students' achievements at the Graduation Ceremony. The day's program is as follows:

9:30am - Families arrive for morning tea at Kibung Ples and dorm tours

10:30am - Chapel and graduation

12:00pm - Students picnic with families on Ironbark property – please bring a picnic lunch

1:00pm - tours and displays

2:30pm - Tag along tour to Cronins (2 wheel drive and 4 wheel drives can make the journey as we travel via road, not through the property).

Please note that the students are generally very excited as they wait to greet their families and can be quite upset if they arrive late. It is wise to allow 2¼ hours for the trip from Brisbane via Esk, Hampton and Crows Nest.

Do not use a GPS to find us as they can be misleading. Please use the map provided. We recommend that you wear hats, sunscreen, walking shoes and suitable clothing for your visit as you will be outdoors. Please do not bring any pets to Ironbark.

Please do not arrive before 10:00am. This allows the students time to complete their clean up and other closing activities.

We look forward to sharing the day with you.

Contact Us

Ironbark Outdoor Education Centre

318 Back Creek Road, Crows Nest Qld

phone: 07 4698 1171

email: ironbark@stpeters.qld.edu.au

Postal Address

PO Box 27

Crows Nest Qld 4355

Director of Ironbark

Matthew Sullivan

email: m.sullivan@stpeters.qld.edu.au

Ironbark Administration - Liz Jackson

email: ironbark@stpeters.qld.edu.au

Ironbark Nurse (for medical information) - Anne Wormald

email: a.wormald@stpeters.qld.edu.au

Year 9 Coordinator - Nathan Edwards

phone: 3377 6252

email: n.edwards@stpeters.qld.edu.au



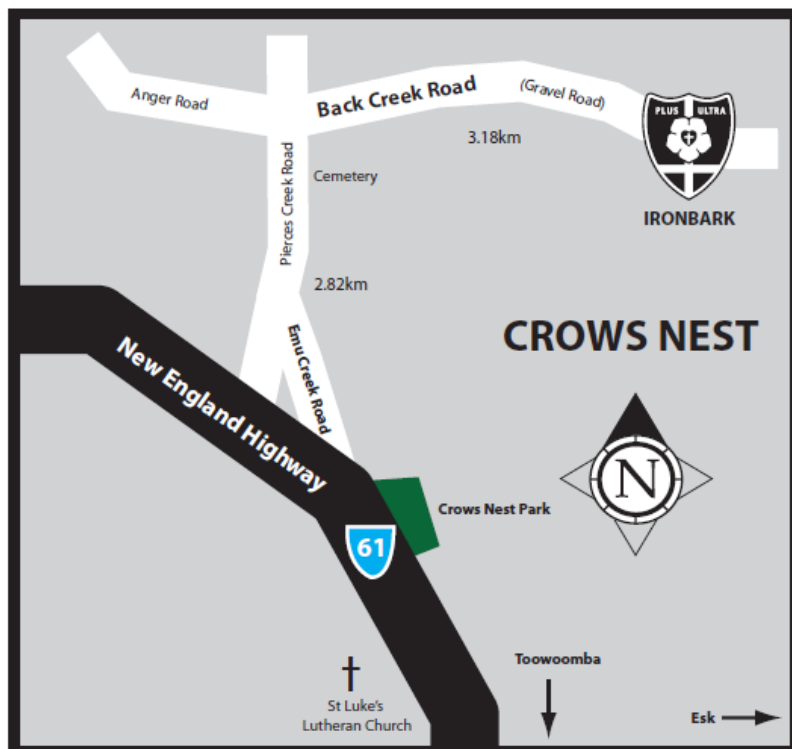
IRONBARK OUTDOOR EDUCATION CENTRE

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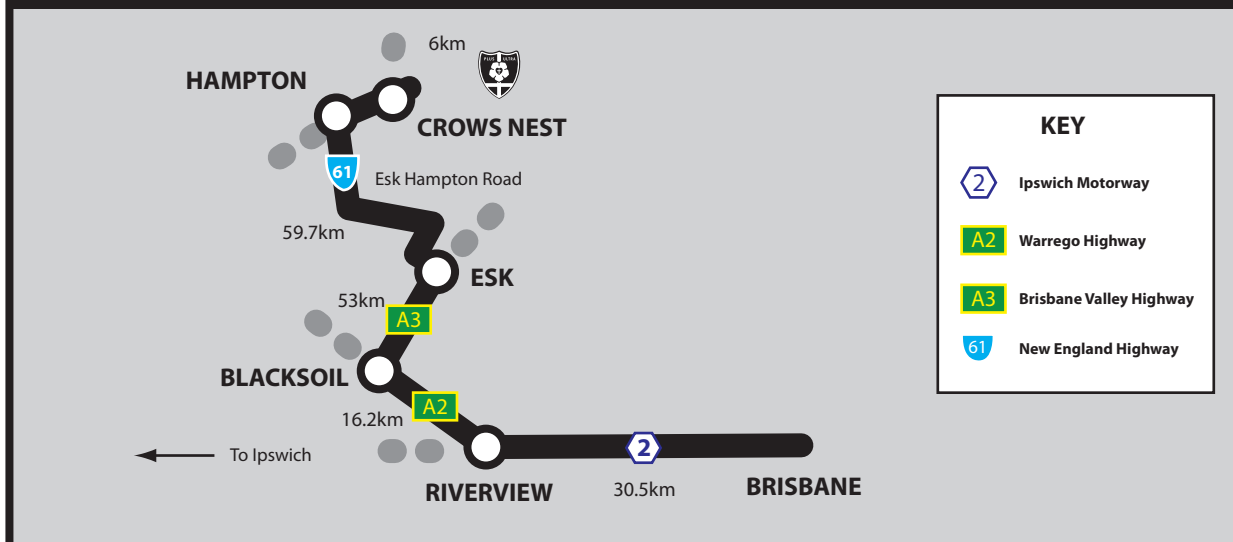


HOW TO FIND US

Please do not use a GPS to find us from **Brisbane**. This will send you up a rough, gravel road. We suggest you follow the signs to Esk and then Crows Nest. Once in Crows Nest you could use your GPS or the map provided.



BRISBANE to IRONBARK via ESK - 165km



Checklist for Ironbark

3 weeks prior to departure:

- ✓ student and parent have signed the consent form
- ✓ completed all sections of the medical form
- ✓ returned forms to Junior High Reception

The night before departure:

- ✓ checked off packing list
- ✓ medications (if needed) in clearly marked zip-lock bag
- ✓ pocket money in clearly marked envelope
- ✓ student and parent know contact details for postage
- ✓ health questionnaire completed
- ✓ alarm clock is set

After your child has left for Ironbark:

- ✓ write letters to your child at least once a week
- ✓ notify Ironbark of any changes to emergency contact details
- ✓ if your child has a birthday whilst at Ironbark contact the office to arrange a phone call
- ✓ make preparations to pick them up on the last Saturday