

# SPRINGFIELD Year 10 Ironbark Program and Parent Information 2023

S<sup>t</sup>PETERS

LUTHERAN COLLEGE

Excellence in Christian Co-education



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## Program Outline

The Ironbark program focuses on development of our adolescent students supporting the Junior High Sub School. The Ironbark program has a rich history at St Peters commencing with a pilot program in 1974 followed by compulsory attendance for Year 10 students in 1976 for a duration of 10 weeks. The program has now evolved to a 5 week program for Year 9 students providing opportunities in Agriculture, Outdoor Adventure, Community Living and Environmental education. Due to the interruption during the Year 9 experience in 2022 this week long experience aims to provide the experiences and opportunities that were missed.

## PROGRAM DATES 10ST 2023

Sunday, 19 March –  
Saturday, 25 March

### The Aims of the Ironbark Program:

**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 their actions and purposeful outcomes.



### Character Development at Ironbark

We use a wellbeing framework to help guide the character development of the students as they face the many challenges of the program. By doing so this helps the students to identify both their strengths and weaknesses. The framework is known as REVAMP and explores the following key concepts

**RELATIONSHIPS** – supporting each other to achieve your goals, encouraging yourself or others to contribute, understanding the role you play in the group experience and recognising the importance of our family and friends

**ENGAGEMENT** – Getting in the zone to make things happen, committing to tasks and finding your flow

**VITALITY** – Eating well, having some recharge time, ensuring you get your rest, physical activity

**ACHIEVEMENTS** – Self-satisfaction, working hard for that feeling of accomplishment and fulfillment.

**MEANING** – Understanding the purpose behind what we do, what is the significance of this experience, experiences that have impact and setting goals.

**POSITIVE EMOTIONS** – Having optimism, enjoyment, positive self-talk and taking charge of your welfare.



### DAILY ROUTINE

6:00	Morning Run
6:30	Breakfast
7:15	Morning jobs
8:45	Clinic
9:00	Dorm Inspection
9:30	Quiet Time & Staff Meeting
10:00	Morning activity
12:00	Lunch
1:00	Afternoon Activity
3:00	Afternoon tea
3:30	Afternoon jobs
5:00	Showers / Free Time
6:30	Dinner
	Dorm clean up
	Night Activity or Free Time
8:30	Evening Clinic
9:00	Lights out

## 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 suitable sleeping bag for their camping.

### 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)
- aerosol cans of any kind
- lollies/junk food
- magazines
- permanent marker pens
- make-up



### Luggage

Please keep baggage to a minimum as bus and dormitory storage space is limited. A back pack is a handy item to bring. Suitcases need to be limited to 25kg.

### Electronic Devices

To maximise face-to-face social interaction and quiet reflection time, mobile phones, music devices, 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 complete the online medical form by Friday, March 3

The process of ensuring that we have the correct medical information is lengthy and thorough. Please ensure that you fill out the information carefully. If any further information needs to be communicated to Ironbark staff after you have submitted the form send an email to [ironbark@stpeters.qld.edu.au](mailto:ironbark@stpeters.qld.edu.au) with the updated information.

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. paracetamol, throat lozenges, etc. Parents are asked to send **only prescribed medications**.

We accept there are risks involved in performing the activities at Ironbark 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.

### Transport

Students will take a bus to and from Ironbark. Students and parents are to meet at the School carpark at 8:00am on Sunday, March 19. Students will return at 5pm on Saturday, March 25.

	ACTIVITY	
Sun	Arrival, unpack, community lunch, Initiative Challenges, Farm Chores	
Mon	<b>Girls</b> Farm Chores / Food Prep / Project Work / Horse Riding	<b>Boys</b> Hike prep / Hike Departure
Tue	Farm Chores / Flying Fox / Food Prep / Project Work / Horse Riding	Hike Return
Wed	Hike prep / Hike Departure	Farm Chores / Food Prep / Project Work / Horse Riding
Thurs	Hike Return	Farm Chores / Flying Fox / Food Prep / Project Work / Horse Riding
Fri	Rogaine / Teams Challenges / Farm Chores / Community Dinner	
Sat	Farm Chores / Clean up / Ironbark Event / Depart	

# 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
- ☐ broad-brimmed sun hat (not straw)
- ☐ at least 6-8 pairs socks and underwear
- ☐ no bare midriffs or revealing shorts (these will be confiscated)
- ☐ daily water bottle

### Evening

- ☐ modest casual clothes
- ☐ pyjamas

### Running

- ☐ singlets, bike pants, tights are allowed for running only

### Workwear/Horse Riding

- ☐ gardening/work gloves
- ☐ denim jeans for horse riding
- ☐ school shoes for horse riding if your child has size 12 feet or larger

### 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

### Hiking/Camping:

- ☐ lightweight long sleeved shirt and shorts/long pants
- ☐ swimmers – one piece
- ☐ 2 pairs of thick socks to be used for hiking only
- ☐ 1 pair of sock protectors (to prevent grass seeds in socks)
- ☐ torch – headlamp with spare batteries for hands free are best
- ☐ sleeping mat (no greater than 60cm wide to fit in 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

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

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

- ☐ Jumper and long pants if its cold at night
- ☐ waterproof raincoat - activities still continue in the rain (preferably hooded & thigh length)

### Dormitory Bedding:

- ☐ 1 pillow and pillow case
- ☐ 1 fitted sheet
- ☐ 1 flat sheet
- ☐ **1 doona, quilt or blanket (not sleeping bag)**
- ☐ 1 towel
- ☐ 1 face washer (optional)

### Toiletries

- ☐ toothpaste
- ☐ soap
- ☐ shampoo
- ☐ roll-on insect repellent
- ☐ roll-on deodorant
- ☐ sunscreen
- ☐ lip balm (suggested)
- ☐ hand cream (suggested)
- ☐ sanitary items

**Aerosol cans, make-up, hair clippers/electric razors and hand sanitizer are not permitted.**

### Daily Living

- ☐ 1 set of cutlery/crockery: knife, fork, spoon, sturdy plate, bowl, and mug in a cloth bag (no ceramics)
- ☐ medication (must be named, labelled and stored in a zip lock bag/similar container)
- ☐ watch (preferably with alarm)

### Travelling to Ironbark

Wear comfortable clothing and sensible walking shoes and a hat.

**PLEASE ENSURE ALL ITEMS ARE CLEARLY MARKED WITH YOUR NAME**

## Contact Us

**Ironbark Outdoor Education Centre**  
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**Director of Ironbark - Matt Sullivan**  
email: m.sullivan@stpeters.qld.edu.au

**Registered Nurse – Anne Wormald**  
email: a.wormald@stpeters.qld.edu.au

**Administration Officer -Liz Jackson**  
email: ironbark@stpeters.qld.edu.au

## Checklist for Ironbark

- ✓ Medical Form completed by March 3
- ✓ Packing List checked off
- ✓ Medications (if needed) placed in named zip lock bag with clear labels
- ✓ Plans made to be at the bus on time

