

INDOORROOPILLY Ironbark Program and Parent Information 2023

S^tPETERS

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 work to understand how the aims of the program can contribute to your wellbeing. This is achieved by exploring the elements of wellbeing below.

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

2023 Program Dates

TERM 2

9AB: Tuesday, 18 April - Saturday, 20 May

9CD: Tuesday, 23 May - Saturday, 24 June

TERM 3

9EF: Tuesday, 11 July - Saturday, 12 August

9GH: Tuesday, 15 August - Saturday, 16 September

TERM 4

9JK: Tuesday, 3 October - Saturday, 4 November

9LM: Tuesday, 7 November - Saturday, 9 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. You do not need to go and buy all the latest equipment from outdoor stores. We don't want this to be another big expense. Students will need to bring clothing that is suitable for work tasks and that can get dirty.

Luggage

Please keep baggage to a minimum as bus and dormitory storage space is limited. Two suitcases and a backpack 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.



Prohibited Items

- weapons of any kind (this includes replicas, pocket knives, etc)
- prohibited substances (eg. illegal drugs, alcohol, cigarettes, vapes)
- implements or instruments for the use of illegal drugs
- prescribed medications – unless given to medical staff or the prescribed medicine is an asthma inhaler)
- 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
- make-up

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.

Medical Information

A link will be emailed to each family to complete an online medical form prior to your child's program. Please complete by the due date to ensure Ironbark staff can be prepared for your child's arrival.

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 please email 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.

In the event of illness or accident parents will be informed once all details are known and an action plan will be instigated. All Ironbark staff are trained in First Aid procedures and the medical care of students will be overseen by the Director and Registered Nurse.

Student Welfare and Concerns

St Peters Lutheran College is committed to providing environments where children and young people receive the highest standard of care, where their rights are supported, and they can thrive and be fruitful. Such environments nurture and safeguard the intelligence, dignity, safety, and wellbeing of each child or young person, by placing them at the centre of thought, values, and actions. All staff, contractors and volunteers must ensure that their behaviour towards, and relationships with students reflect proper standards of care for students.

We understand that for many students the residential nature of Ironbark and being away from their regular support network will be challenging. The Ironbark staff are St Peters employees and will be primarily responsible for the wellbeing of the students in their care. Ironbark staff liaise with key Indooroopilly staff prior to a group's commencement, during and post program.

We acknowledge that the Ironbark staff are not regular figures in the students' lives. As such, there may be times where students may request the support of family, or a member of the Indooroopilly staff to raise a matter of concern to them. Such requests are accommodated.

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

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 they 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

Parent's 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.

Parent's 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.

Contacting 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 – (Term 2, 3 & 4) Alex Lawn

phone: 3377 6256

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

IRONBARK 5 WEEK PROGRAM - 2023

WEEK	DAY	ACTIVITY	
1	Mon	Staff Preparation Day	
	Tues	Arrival, unpack, community lunch, orientation	
	Wed	Dorm Group Initiatives & Low Ropes / Orientation	
	Thurs	Food Prep / Work / Horsemanship / Jacobs Ladder	
	Fri	Food Prep / Work / Horsemanship / Jacobs Ladder	
	Sat	Timed Run / First Aid Training	
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	Food Prep / Work / Horses	Survival (Return to Base)
	Sat	Timed Run	
3	Sun	Chapel / Rest Day	
	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)	Food Prep / Work / Horses
	Sat	Training Hike	
4	Sun	Timed Run / Chapel / Rest Day	
	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	
5	Sun	Timed Run / REVAMP practice / Solo Prep	
	Mon	Boys Solo Departure	Girls Food Prep/ Work/ Horse Riding/ Flying Fox
	Tues	Boys Solo Interviews & return / Solo Debrief	Girls Solo Departure
	Wed	Boys Food Prep/ Work/ Horse Riding/ Flying Fox	Girls Solo Interviews & return / Solo Debrief
	Thurs	Rogaine / Ironbark Event	
	Fri	Community Service / Dorm Debriefs / Boys & Girls Night Celebration	
	Sat	Clean up / T-shirt Presentations / Graduation / Departure	

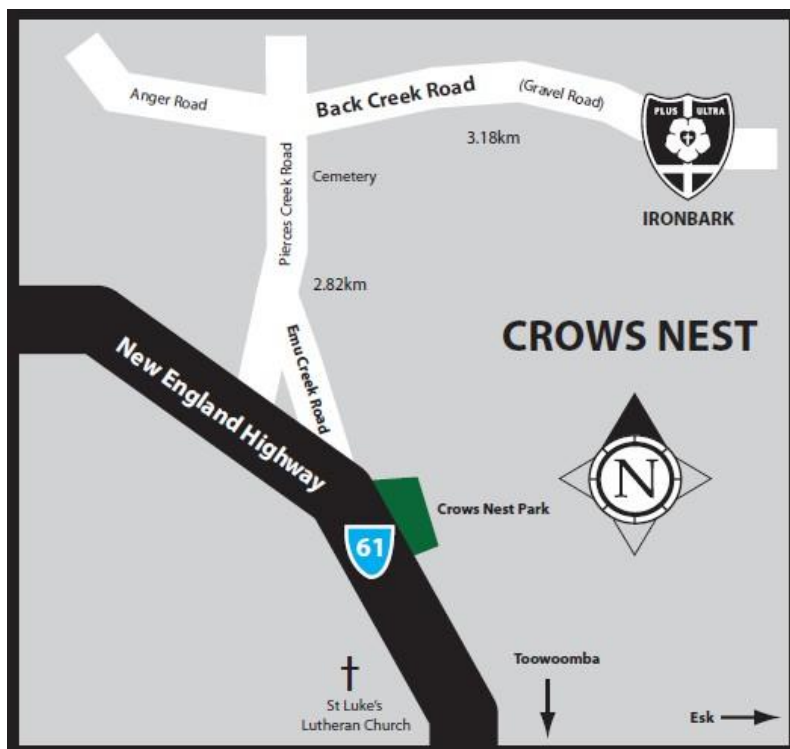
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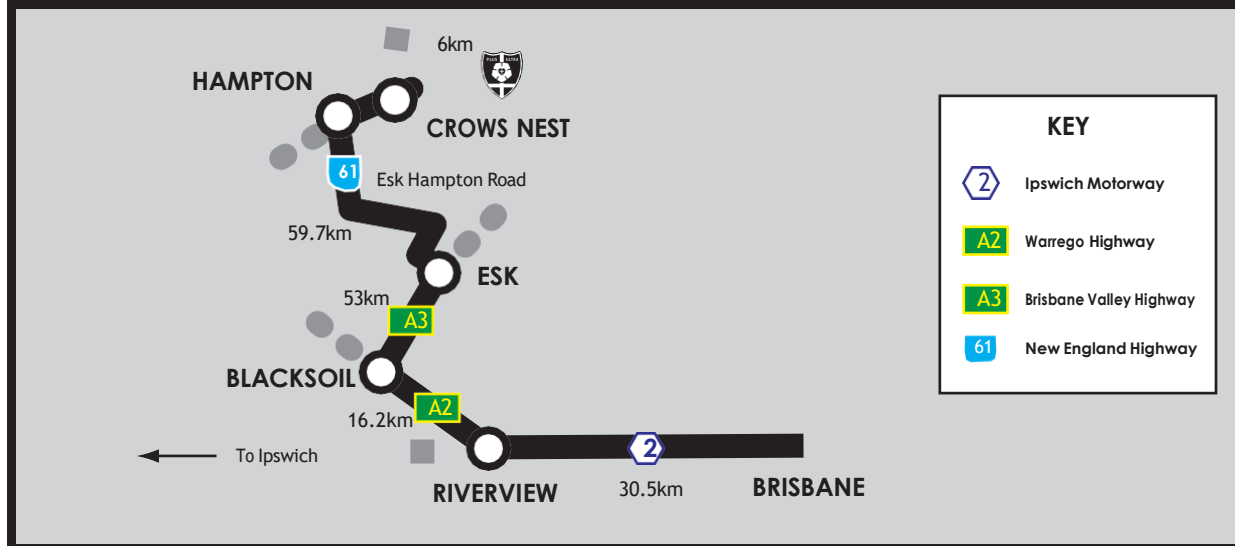


HOW TO FIND US

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 Hampton & 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:

- ✓ completed all sections of the online medical form

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
- ✓ 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