ST BERNARD’S COLLEGE
SANTA MONICA CAMPUS
2016
PARENT INFORMATION BOOKLET

STAFF:

Mark Smith: Campus Director
Mic Stapleton & Peter Morgan: Outdoor Leaders
Belinda Sharrock, Peter Day & John Dangerfield: casual Outdoor Instructors
Connor Denehy: GAP student
Judy Scanlon & Nicole Hooker: Cooks

ADDRESS:
ST BERNARDS COLLEGE ‘SANTA MONICA’ CAMPUS
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‘DISCERE ET AGERE’ is the school motto, found on the College Crest. It translates from the Latin, as ‘To learn and To Do’. We learn as we act!
“The middle years do not require a more demanding version of junior primary or a watered down version of senior secondary school, but their own distinctive phase of learning”

*(Darryn Kruse, quoting ‘National Middle Schooling’ 1996)*

The Year 9 integrated curriculum at St Bernard’s takes up the challenge of developing “a distinctive phase of learning” specifically designed for boys at this critical stage in their education.

Living away from home for days at a time over a four week period at Santa Monica will provide additional opportunities for growth. Sharing the Campus with other students will provide a rich and varied environment, facilitating better understanding of what it means to become more adult, to be a responsible member of a community and to take steps towards finding their own place in the world. The Santa Monica experience aims to provide an environment for all learners, which is safe, caring, structured, challenging and engaging.

As educators our aim is for all Year 9 students to be reflective, passionate, enthusiastic and active learners. We are confident Santa Monica will provide an environment where all these aims can be met.

Paul Shannon  
**Deputy Principal**

Pauline Thompson  
**Director of Learning**

Mark Smith  
**Director Santa Monica Campus**
ST BERNARD’S SANTA MONICA CAMPUS

Location

The Santa Monica Campus is located on the Great Ocean Road, between Aireys Inlet and Lorne, approximately 130 km. from Melbourne. Travel is via the Princes Hwy, ring road around Geelong, the Anglesea Rd to Bellbrae, then the Great Ocean Rd to Santa Monica. Travel time from Essendon is approximately two hours.

Campus Facilities

The Campus has accommodation for 30 in rooms of two or four beds, a new, modern and well appointed dining hall and commercial kitchen, a new ablutions block, a comfortable student lounge, storage sheds and a caretaker’s residence. A demountable building is used as a classroom and staffroom. There is also a large open sports area immediately adjacent to the bunkrooms.

Staff

Santa Monica has four full time staff: Mr Mark Smith, the Campus Director, Mr. Mic Stapleton and Mr Peter Morgan, both resident Outdoor Assistants and Connor Denehy, our GAP year student. Our caterers are Judy Scanlon and Nicole Hooker and our maintenance person is Mr Bruce Stebbins. Chris and Amy Lane are our on-site caretakers.

Contact

An important part of the boys’ Santa Monica experience involves them functioning independently within a relatively isolated community. Students will not have access to mobiles, email or the internet. Parents can register their email address with the Campus staff (on their son’s permission form) and receive a weekly bulletin detailing the progress
of the group. The Campus’ phone numbers is 52897101. However, this number should be used for Emergency Contact only.

Other queries can be directed to the email address: MSmith@sbc.vic.edu.au

**Student Needs in an Emergency**

There is a doctor in Aireys Inlet, 7.5 km away, and a hospital at Lorne, 10 km away. There are CFA stations at both Aireys Inlet and Lorne. Lorne also has a permanent Police station. Santa Monica has a well established Emergency Management Plan. It covers procedures for every possible emergency, including bushfire. Each new group of students will be briefed in emergency procedures, including evacuation.

**Money**

All food and other needs will be provided. Students will not need any money and it is inadvisable for them to bring any to Santa Monica.

**Overview of the Santa Monica Experience**

The Santa Monica unit of the Year 9 Curriculum is based on the two guiding principles for the year:

- The transition from boyhood to manhood
- Environmental awareness

The emphasis throughout the four week experience will be on learning through doing. Activities and project work will be based around the three immediate environments of ocean, coast and forest.

Complimenting experiential learning in each of these environments will be a further focus on community living centred on day-to-day life on the Campus.

The activities, such as surfing, canoeing, ocean kayaking, mountain bike riding and bushwalking are not intended to be an end in themselves but rather a means by which the boys can explore the environment that surrounds them at Santa Monica. A strong emphasis will also be placed on student involvement in planning and decision making surrounding each activity, including a three day expedition through the Otway Ranges during their final week.

**How will it work?**

Students will undertake the Santa Monica unit in their class groups. The students return home each weekend to debrief with parents and fulfil sporting, work and family commitments.

Transport: On each of the four weeks the boys will depart SBC at 8.15am on Monday morning and return to SBC by 3.00pm on Friday. Transport will be in the College’s coach.

**Note:** If a Public Holiday falls on the Monday of any week the students will be bussed down on the Tuesday.
Arrangements For Thursday Week Three

Once again in 2016 we are seeking to involve Fathers/Male Mentors in the camp experience. We are hoping that each boy will have their Father/Male Mentor involved through a pre-camp briefing and an overnight stay at Santa Monica. The overnight stay will involve the Father/Male Mentor arriving at the camp for a meal following the boy’s retreat day on the Thursday of week three. After the meal the boy and the adult male will participate in a number of activities that are designed to assist the boy in his transition from boyhood to manhood. It is our hope and wish that the Father/Male Mentor will be able to stay at Santa Monica that night with the boy. Appropriate accommodation will be provided that will take into account the relationship between the boy and the adult male. We simply ask that the Fathers/Male mentors bring a sleeping bag and toiletries. The Father/Male Mentor and the boy would then return home together at their own leisure late the following morning.

Dates for 2016

<table>
<thead>
<tr>
<th>HR</th>
<th>(start date)</th>
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<th>(Camp Briefing Date)</th>
<th>(Overnight stay)</th>
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<tr>
<td>9A</td>
<td>Monday 11/7</td>
<td>Friday 5/8</td>
<td>Monday 20/6</td>
<td>Thursday 28/7</td>
<td>Monday 8/8</td>
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<td>9B</td>
<td>Monday 15/8</td>
<td>Friday 19/9</td>
<td>Monday 8/8</td>
<td>Thursday 1/9</td>
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<td>9C*</td>
<td>Monday 3/10</td>
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<td>Thursday 20/10</td>
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<td>9D</td>
<td>Wednesday 27/1</td>
<td>Friday 19/2</td>
<td>Monday 7/12/14</td>
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<td>Thursday 24/3</td>
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<td>Thursday 17/3</td>
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<td>9F*</td>
<td>Monday 11/4</td>
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<td>9G*</td>
<td>Monday 24/5</td>
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- **Note for 9C & 9H** – these programs will run concurrently, with each class utilising a different part of the campus.
- **Note for 9E** – the Labour Day public holiday is on Monday 14/3. Students will return to Santa Monica on Tuesday 15/3
- **Notes for 9F** – the ANZAC day public holiday falls on Monday 25/4. Students will return to Santa Monica on Tuesday 26/4
- **Note for 9G** - the Queens Birthday public holiday is on Monday 13/6. Students will return to Santa Monica on Tuesday 14/6
Behavioural Expectations at Santa Monica

Santa Monica is a campus of St. Bernard’s College. As such the behavioural expectations for students will be consistent with those that apply while attending regular classes. Particular emphasis will be placed on safe behaviour that does not endanger themselves, other students or staff, particularly while engaging in outdoor activities.

Where a student does not behave according to the school’s expectations, or where they are deemed to be a danger to themselves, other students or staff they will be removed from the campus. In such instances, it will be the parents’ responsibility to provide transport back to Melbourne. No provision for supervision will be made at St Bernard’s Essendon for boys who have been sent home from Santa Monica for disciplinary reasons. They will effectively be suspended from school until their class resumes regular classes.

Group Organisation

Activity Groups: for most core activities (ie. canoeing, bushwalking, mountain bike riding, navigation), students will be divided into two groups of 14. The final expedition will be undertaken in these groups, which will also meet regularly throughout the Santa Monica unit to discuss issues, debrief activities and organise Campus based projects. Duties such as dining hall preparation and clean up, will be undertaken in these groups.

Cabin Groups: Students will be allotted rooms in groups of four or two. They will be responsible for keeping their own rooms clean, with inspections conducted daily.

The Program

The key components of the program will involve:

- completing a major research project relating to local issues
- accessing outdoor environments through surfing, canoeing, bushwalking and mountain bike riding.
- undertaking a variety of activities relating to the three surrounding environments – ocean, coast and forest
- documenting personal and group experiences through journaling
- participating in environmental restoration and conservation work in the Anglesea/Aireys Inlet area
- planning and implementing campus based projects
- map reading, navigation and compass work
- expedition planning and preparation

Day to Day Activities on Campus

Apart from the timetabled activities that form the core curriculum at Santa Monica, students will be involved in the day-to-day functioning of the Campus. This will include recycling, gear maintenance, food preparation at breakfast and lunch, dining hall
preparation and clean up, composting and firewood collection. A certain amount of free time will be set aside in each day’s program.

**The Expedition**

The four week unit at Santa Monica is also designed to build on the outdoor and decision making skills of the students. The first three weeks will involve a variety of bushwalks, canoeing and surfing sessions, route planning, map and compass work and bush cooking. In the fourth week the students will undertake a two day hike in the Otway Ranges employing all of the above mentioned skills. The hike will be supervised and monitored by staff, with the boys taking responsibility for decision making within their group. The third day of the expedition week will be a day-long mountain bike ride.

**Safety at Santa Monica**

With the Campus situated in a relatively isolated bush location, all participants in the Santa Monica unit need to be aware of the implications for their own safety and the safety of others. St. Bernard’s College is acutely aware of the need to provide a safe and secure environment for all students, regardless of which campus they are attending. The key components of ensuring the safety and welfare of students at Santa Monica are:

*Activity Safety*: Surfing, canoeing, bushwalking, ocean kayaking and mountain bike riding activities will be conducted either by professional providers or by suitably qualified SBC staff at Santa Monica. The strongest possible emphasis will be placed on students evaluating the risks and consequences associated with their own behaviour while engaging in all activities at Santa Monica. Students who are deemed to be incapable of making such evaluations will be excluded from the activity.

*Health and Hygiene*: This is a major concern when 30 people are living in such close proximity to each other for an extended period of time. A strong emphasis will be placed on the maintenance of personal hygiene standards, including maintaining clean bunkrooms, ablution and food areas. These areas will be cleaned daily by the students. Most food preparation will be undertaken by the cook.
BUSHFIRE SAFETY AT SANTA MONICA

In consultation with the CFA, the Surf Coast Shire and Philip Neander, an independent Fire Management Consultant, St Bernard’s has developed an Emergency Management Plan (EMP) that clearly outlines responses to varying levels of fire danger. Under this EMP it will at times be necessary to evacuate students from Santa Monica if the fire danger level is deemed to place the safety of the students, staff and the campus in jeopardy.

On designated Code Red (Catastrophic) days, evacuation is mandated by the Catholic Education Office. Note that Santa Monica is in the CFA Central District.

The following procedures relating to Fire Danger Ratings will be adhered to:

**Code Red (Catastrophic):** staff and students will be evacuated from the campus and returned by bus to Melbourne the night before. Staff will monitor the Bureau of Meteorology (BOM) website on the Western weather district to determine when it will be safe to return to the campus using Fire Danger Ratings (FDR). CFA and DSE websites will also be monitored to determine if a fire is or has been burning, preventing access or safe passage to the campus.

**Extreme:** Activities will be restricted to beach and coastal areas. If, for logistical or safety reasons, this is not possible, students will be returned to Melbourne as for Code Red days. Staff will monitor the BOM website on the Western weather district to determine whether or when it is safe to return to the campus using FDR’s. CFA and DSE websites will also be monitored to determine if a fire is or has been burning, preventing access or safe passage to the campus.

**Severe:** Consideration will be given to local temperature, wind strength, direction and relative humidity regarding the planning of off-site activities. No activities will be conducted in forested areas. The program will continue to be based at Santa Monica, though it will be restricted to beach and coastal areas that are easy to evacuate should conditions change. Conditions will be monitored throughout the day via the BOM and CFA websites and 774 ABC radio.

**Very High:** the program will continue as planned with local conditions being monitored throughout the day via the BOM and CFA websites and 774 ABC radio. Consideration will be given to local temperature, wind strength, direction and relative humidity regarding the planning of overnight off-site activities.

**High:** Local conditions will be monitored

**Low/Moderate:** Local conditions will be monitored

**Note:** If Catastrophic or Extreme days are declared on a Monday students will remain at home in Melbourne. Updates on transport arrangements will be posted on the SBC website and via the SBC text messaging service.
**Food and Nutrition**

As mentioned above, most major meal preparation will be undertaken by the cook. The menus are gauged to the tastes (and quantities) of 15 year old boys engaged in days filled with physical activity. Evening meals will vary but will mostly consist of pastas, roasts, vegetables, salads and bread. There will be ample fruit and nutritional snacks available throughout the day. Students do not need to supplement their diet with snack/junk food from home. We strongly encourage parents to assist staff in this matter.

If your son has special dietary needs please identify them on the medical form. You will also have the opportunity to discuss dietary issues with our cook, Judy Scanlon, by contacting her on 52897101.

**Assessment of Students at Santa Monica**

As with the other units of work covered in the Year 9 curriculum, an assessment of the Santa Monica unit will be included in students’ reports. Reporting will focus on:

1. **Personal Projects**
   - Participation in the creation and presentation of a project related to the activities undertaken

2. **Leadership skills**
   - Taking an active role in decision making, particularly during outdoor activities and week four expedition

3. **Group participation**
   - Contributing to group oriented activities, encouraging other students within those activities and demonstrating initiative in all parts of the program

4. **Community living skills**
   - Taking an active role in life around the campus, working effectively within the routine established, contributing fully to assigned duties, respecting the facilities and obeying curfews.

5. **Decision making skills**
   - Taking an active role in group decision making, particularly on overnight hikes and expedition.

6. **Environmental understanding**
   - Demonstrating sound environmental practice in all aspects of the program

7. **Outdoor skills**
   - Demonstrating enhanced outdoor skills in the areas of navigation, map reading, bushwalking, mountain bike riding, canoeing and surfing.

**Preparing For Santa Monica**
It is natural that some boys (and parents) will have concerns about their involvement in the Santa Monica experience. These concerns may relate to the nature of the activities, the communal nature of Campus living, the degree of fitness required to participate in the program or simply the amount of time spent away from home.

Parents can assist in preparing their sons for their time at Santa Monica by reassuring them that all activities will be suited to the level that 14 & 15 year old boys can cope with. The staff at the Campus have cumulative experience of more than 45 years working with young people in the outdoors. Activities will certainly be challenging but they will not place students in situations where they are required to engage in activities beyond their capabilities or strength. The emphasis will be on enjoyment and learning, with the ultimate aim of students feeling confident and capable in an outdoor environment.

**Marking All Clothing and Equipment**

There will be 28 boys living in close proximity to each other for the four weeks at Santa Monica. It is imperative that all personal clothing and equipment be identified with name tags.

**Clothing and Equipment**

The following list is intended as a guide only. More information on specialised equipment (in particular boots and sleeping bags) will be provided at the information night presented by the Santa Monica staff prior to your son attending the campus.

**Clothing**

- **Walking boots** 1pr Must be worn in and comfortable for walking. (Do not bring elastic sided boots)
- **Runners** 1pr Old runners preferable as they will get wet
- **Sandals/thongs** 1pr For use in shower and beach visits
- **Track pants** 2pr Preferably not cotton
- **Work pants** 1 For work around camp
- **T-shirts/collared shirts** 4
- **Woollen/fleece jumpers** 2 Do not bring cotton jumpers
- **Thick socks** 4pr Eg. Explorer socks
- **Synthetic socks** 2pr
- **Underwear** 4pr (Boxers are not suitable for most activities)
- **Shorts** 2pr 1pr that you can swim in
- **Sunhat** 1 Term 1 & 4
- **Beanie** 1 Woollen or polar fleece
- **Towel** 3 1 beach towel, 1 bath towel and 1 very small towel for overnight walks
- **Thermal top** 1 Recommended especially for terms 2 and 3
- **Rash vest** 1 Needed for surfing
Equipment

- Sleeping bag 1
  Should be made from down or Dacron and of good quality. Should come in a small stuff sack or sack with compression straps. Needs to be 3-4 season for terms 2 & 3 and 2 – 3 season for terms 1 & 2
- Inner sheet 1
  Cotton or silk for sleeping bag
- Fitted bed sheet 1
  Single for dorm bed
- Pillow and pillow case 1
- Head torch
- Dish set / Bowl, plate and mug (plastic)
- Cutlery set / Fork, spoon and knife (compact and light)
- Water bottle 2
  Minimum 1 litre, wide-mouthed
- Personal Kit / To include personal medication (eg. Ventolin)
- Toiletries / Toothbrush, toothpaste, biodegradable soap, shampoo etc.
- Plastic bags 2
  Large garden tidy bags (to line pack with)
- Plastic bags 4
  Recycled shopping bags (to put rubbish in)
- Stationery / Spirex A4 notebook, pens, pencils & display folder
- Day Pack / Similar to size used at school

Mobile phones and ipods may be used on the bus travelling to and from Santa Monica but they must be handed to staff on arrival.

It is recommended that students bring everything listed at the beginning of the program in week one. Students will be able to leave most of their gear at Santa Monica over intervening weekends.

What SBC provides

- Waterproof Gortex jacket
- Warm Polar Fleece jumper
- Sleeping mat
- Tent
- Stove
- Bushwalking pack
- wetsuit

What to leave at home

- Electronic games
- Junk food (includes drinks, sweets etc.)
- Money (not required)
- Doona (sleeping bags will be used in cabins)
- Knives and pocket knives
THE PROGRAM AT SANTA MONICA: AN OVERVIEW

WEEK ONE
Key components of the week:
- Introduction to SM structure and rules
- Setting goals for the four week experience
- Gear hand out
- Introduction to Personal Projects
- Surfing
- Canoeing
- Beach Clean up as part of nationwide Tangaroa Blue Project.
- Yoga at Surf Coast Yoga Centre

WEEK TWO
Key components include:
- Two hour mountain bike ride
- Coast Action conservation project in Anglesea
- Work projects around the Campus
- Surfing
- Canoeing
- Session with Aboriginal elder David Tournier, from the Wathaurong Aboriginal Co-operative
- Continued work on Personal Projects
- Introduction to navigation and map reading
- Half day hike
- Yoga

WEEK THREE
Key components include:
- Preparation for overnight hike/mountain bike ride
- Two day hike around Cape Otway or two day mountain bike ride along Old Beechy Trail in Otway Ranges
- Surfing
- Optional surfing activity for father/male mentor & son
- Father/Male Mentor visit on Thursday evening
- Completion of Personal Projects
- Detailed planning for week four expedition

WEEK FOUR
Expedition week:
- Students spend three days bushwalking and mountain bike riding in the Otway Ranges around Lorne
- At completion of the expedition they spend a further day cleaning and handing in all their gear
- Surfing
- Tree planting ceremony on last day.