



FARM COVE INTERMEDIATE

6 August 2018

Dear Parents/Caregivers

Year 8 EDUCATION OUTSIDE THE CLASSROOM (EOTC) Programme

- Totara/Area 1 and Manuka/Area 3 17 - 19 Oct (Week 1, Term 4)
- Pohutukawa/Area 2, Horopito/Area 4 and Kowhai/Area 5 7 - 9 Nov (Week 4, Term 4)

The theme of EOTC is **challenge, recreation and peer support** based on the NZC Key Competencies to ensure an all-round education. This involves developing social, thinking and physical skills outdoors and provides a valuable opportunity for your child to learn and grow. All the activities are run by trained staff who will be teaching the basic skills and ensuring students are safe, so that everyone can enjoy a positive experience.

To make your child's time outdoors at the various activities enjoyable, please ensure they have the following requirements for each activity:

Mountain Biking OR Tree Adventures	Skills	Times	Dress, etc
Venue: Woodhill Forest, Woodhill (Helensville) www.bikeparks.co.nz www.treedventures.co.nz	Mountain biking: <ul style="list-style-type: none"> • Bike skills/safety • Navigation • Course challenge • Fitness challenge Tree Adventures challenge: <ul style="list-style-type: none"> • Rope handling • Harness safety • Height & difficulty challenges • Peer support Personal goal – heights, strength and balance	Full day activity at Woodhill	PE uniform/suitable clothing for chosen activity (eg. long shorts/pants will be comfortable in a harness and on a bike), sports shoes and socks, (no exposed toes), jumper/jacket (rainproof, if necessary) Packed lunch and drink <i>(Climbing gear and bikes & helmets supplied)</i>

SOS Survival Training	Skills	Times	Dress, etc
Venue: SOS Survival Training Muriwai Valley Rd, Muriwai www.sosurvivaltraining.com	Bush survival skills: <ul style="list-style-type: none"> • Using a knife for survival purposes • Knot tying • Building natural shelters • Lighting a fire with a flint • Finding and sterilising water 	Full day activity at SOS, Muriwai	Appropriate outdoor clothing suitable to the weather conditions. Minimum requirements: Shoes, socks, shorts or long pants (please avoid synthetics or flammable type clothing), t-Shirt or long sleeve top, warm sweater, rain jacket, spare clothes, sun screen and personal medication, if applicable.

			Packed lunch and adequate drink (water bottle)
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Swimarama OR White Water Rafting	Skills	Times	Dress, etc
Venue (1): Panmure Pools, Panmure	Survival in water <ul style="list-style-type: none"> • Rescues • Survival techniques • Fall overboard? Swim in clothing • Swim challenge • Boat safety 	Morning activity at Panmure Pools	PE uniform/suitable clothing, togs (change at pools), towel(s), spare set of clothes to get wet, jumper/jacket, plastic bag for wet items Packed lunch and drink
Venue (2): WERO Whitewater Rafting, Vodafone Events Centre, Manukau www.wero.org.nz	River safety/White water challenge <ul style="list-style-type: none"> • Negotiating river features • Identify potentially dangerous waters • Working as a team • Navigate grade 2 water • Falling overboard in white water • Boat Safety equipment 	Morning activity at WERO, Manukau	PE uniform/suitable clothing, togs (change at WERO), wetsuit if you have one, towel(s), jumper/jacket, plastic bag for wet items Packed lunch and drink <i>(Life jackets and wetsuit boots are supplied, and, if cold, WERO will provide wetsuits, subject to availability)</i>

A reminder if you have not yet paid for your child's EOTC:

The cost for all activities and transport is \$125 which is due to be **paid by 28 September** (the last day of this term). You may pay by cash/cheque (in a named envelope and placed in the secure payment box in the library), via on-line banking to our ASB account no 12 3011 0162324 00 (reference your child's name, homegroup and "Year 8 EOTC"), by EFTPOS at the school office or via the school shop (go to www.farmcove.school.nz).

Please complete the **permission slip** below (together with any health issues) along with your payment and return to school asap. (Parent support is required for the trips and another letter with dates of venues and times will go out later in the term where you can indicate if/when you are able to help.)

We are looking forward to sharing good times with your children as they challenge themselves to learn new motor and survival skills, grow their confidence, forge new friendships and have fun!

Yours faithfully



Lynn Dunbar
EOTC Co-ordinator

Year 8 EOTC Programme

PERMISSION SLIP

I give permission for my child _____ A/hg ___/___
to attend EOTC.

Please list any **health issues (including asthma & allergies)** and action needed to be taken, if necessary: _____

Do you give permission for your child to receive a Panadol for a headache? YES / NO

Please be aware of my child's level of ability and/or confidence in water:

My child can swim ___ lengths of Lloyd Elsmore pool (25m) without putting his/her feet down OR is a non-swimmer? (Please circle)

Comment, if necessary, _____

Name _____ Contact number _____

Parent/Caregiver's Signature: _____ Date: _____

Year 8 EOTC Payment details for _____ A/hg ___/___

Please indicate by circling an option:

- I enclose \$125 cash / cheque
- I have paid directly to the school bank account (ASB 12 3011 0162324 00)
- I have paid via the online shop
- I have paid by EFTPOS at the office

Date paid _____

Name _____ Contact number _____

Parent/Caregiver's Signature: _____ Date: _____