Dear Team,

Thank you for supporting the year 8 students on this adventure. Without your commitment and sacrifice the camp cannot take place. We hope the time is also special for you and that through collaboration with self other and environment your world is also improved by spending a week away,

This experience is not designed to challenge you. If you need support please communicate. UTC staff are keen to support your experience with gear, time and skills.

No Student phones at all.

They are to be left in Ballarat. If found they will be confiscated. Each child has a signed form explaining the condition of funding for the camp is that it is phone free. We can support this by keeping the use of ours discreet. Silent mode and bird song ring tones are useful.

Resilience.

We have found that students are a lot more fragile as a result of the lockdowns. We need to work together to effectively support and help them grow through this phase. Emotional 14 year olds are confronting. If we stay calm, strong and support them to regulate their emotions we are best placed to provide useful guidance and growth. Avoid providing decisions while in distress. Instead encourage walking a path to calm. Once the student is calm a conversation about the options and opportunities is usually far more effective. These calm conversations will always yield different responses and are perhaps more constructive in the development of the child.

Phone calls are best served with a clear head.

Once the student is regulating their emotions they will make better choices. Delay and distract offerings of external support until the students are calm. Your UTC guide is a support for you through this time.

Communications

The success of the program will be strongly influenced by effective collaboration between

* Mt Clear college leadership
* Mt Clear teaching staff on Program
* UTC staff
* Absence of student phones.

Before calling home try communicate situation between Mt Clear and UTC staff. Mt clear staff hold the context for the students while UTC staff have experience supporting adolescent students move through challenges in the natural world. it is through collaboration the best choices are likely.

Lead the conversation. A phone call from a guide on adventure will likely fill parents with fear. Give the context relevant to the situation, explain the positive aspects as well as the challenges and support the family and student to make good choices. Use appropriate words. Evacuation repatriation and relocation all can be used to describe managing a situation. Use words that best match the actual situation. We don't need to pour fuel on fires we are trying to put out.

Best

The Up the Creek Team