<table>
<thead>
<tr>
<th>Five things I have learnt on camp.</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>I learnt how to surf</td>
<td></td>
</tr>
<tr>
<td>I learnt that girls are stronger than boys</td>
<td></td>
</tr>
<tr>
<td>I learnt how to do archery</td>
<td></td>
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<tr>
<td>I learnt how to do the rope course</td>
<td></td>
</tr>
<tr>
<td>I learnt all the rules of the camp</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Four things I liked</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>I liked surfing</td>
<td></td>
</tr>
<tr>
<td>I liked doing the rope course</td>
<td></td>
</tr>
<tr>
<td>I liked being at the beach</td>
<td></td>
</tr>
<tr>
<td>I liked camp</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Three things I did not like.</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>I didn’t really like lunch</td>
<td></td>
</tr>
<tr>
<td>I didn’t like going to sleep so late</td>
<td></td>
</tr>
<tr>
<td>I didn’t like waking up so early</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Two things I would change.</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>The lunch</td>
<td></td>
</tr>
<tr>
<td>The movie that was on the bus</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The way I felt when camp was over.</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>I felt really tired, and I wanted to go to bed.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The part of camp I will remember for a long time.</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>I will always remember surfing.</td>
<td></td>
</tr>
</tbody>
</table>
Anglesea is a town in Victoria, Australia. It is located on the Great Ocean Road in the Surf Coast Shire local government area. At the 2006 census, Anglesea had a population of 2,290. Originally known as Swampy Creek, the area's name was changed to Anglesea River in 1884 when the township was established. A Post Office under that name opened on 16 April 1886 and was renamed Anglesea in 1950. Alcoa of Australia operate a power station and open-cut coalmine in the town.

In February 1983, the Ash Wednesday fires swept through the area, destroying many houses.
The first surfers were fishermen. They discovered that riding waves was a good method of getting to shore with their catch. That started in the late 1700s. By 1779, people were riding waves lying down or standing on Long Hardwood surfboards. The boards were as long as 12 feet.
Go Ride A Wave was established in 1987 in Anglesea, Victoria and now takes care of more than 50,000 customers every year from multiple locations along the east coast of Australia. They are a passionate lot, and it is their great pleasure to share the joys of surfing and other outdoor recreation activities with their beloved customers.

Established Go Ride A Wave in Anglesea, 1987
Established National Head Office operations on Great Ocean Road, 1996
Established Over the Edge, corporate division, 1992
Established Go Paddling, kayaking division, 1994
Opened Torquay Shop 1999
Opened Warehouse/Storage at Anglesea 2001
Acquired surf school and shop on the beach end of Cavill Ave at Surfers Paradise on Gold Coast, 2004
Opened Warehouse/Storage at Burleigh Heads 2005
Opened Retail outlet under Surfers International Hotel at Surfers Paradise 2006
Established Retail Outlet and activity operations on Sunshine Coast, 2006
Major local employer on Victorian Surf Coast, with more than 70 employees
More than 50,000 customers each year
Opened "Noosa" surf school 2006.
Who
Bethany Hamilton

What
She got attacked by a shark

Why
God wanted her to spread the word of God

Where
North Shore of Kauai, Hawaii

When
In October 31st, 2003
Giant Squid are the second largest squid in the world. They can grow up to about 15 meters long, and may weigh up to nearly a ton. It has two eyes, eight arms, a beak, two feeding tentacles and a funnel. Giant Squid can grab prey up to 10 meters away by shooting out their two feeding tentacles, which are powerful sharp-toothed suckers. This feeding tentacles are very long, they often double the total of the giant squid on their own. Giant Squid eat deep-sea fish. The predators of a giant squid is the Sperm Whale, but Pilot Whale scan also feed on them.
The Southern Right Whale is a baleen whale. It has dark grey skin with white patches on its belly. Its two blow holes produce a V-shape. They have a huge head which is up to one quarter of its total body. Southern Right Whales can grow to 18m long and weigh 90 tonnes. There is approximately 10,000 Southern Right Whales that are spread throughout the southern part of the Southern Hemisphere.
<table>
<thead>
<tr>
<th>Word</th>
<th>What it is</th>
<th>Name some</th>
<th>Picture</th>
</tr>
</thead>
<tbody>
<tr>
<td>Algae</td>
<td>Its a bacteria that grows under the sea</td>
<td>Seaweed, singular algae</td>
<td></td>
</tr>
<tr>
<td>Invertebrate</td>
<td>Invertebrate is an animal that has no back bone.</td>
<td>Anenomes</td>
<td></td>
</tr>
<tr>
<td>Shellfish</td>
<td>A shellfish is a type of mussel. Shellfish is a culinary and fisheries term for exoskeleton-bearing</td>
<td>Mussel, oyster, Clam and Scallop.</td>
<td></td>
</tr>
<tr>
<td>Crustacean</td>
<td>Crustaceans form a very large group of arthropods</td>
<td>Crab, crayfish, krill and shrimp.</td>
<td></td>
</tr>
<tr>
<td>Mollusc</td>
<td>The molluscs or mollusks, compose the large phylum of invertebrate animals known as the phylum Mollusca.</td>
<td>Mollussca</td>
<td></td>
</tr>
<tr>
<td>Gastropod</td>
<td>The Gastropoda or gastropods, more commonly known as snails and slugs</td>
<td>Gastropoda</td>
<td></td>
</tr>
<tr>
<td>Bivalve</td>
<td>Bivalvia is a class of marine and freshwater molluscs with laterally compressed bodies enclosed by a shell in two hinged parts</td>
<td>Bivalvia</td>
<td></td>
</tr>
<tr>
<td>Echinoderm</td>
<td>Echinoderms are a phylum of marine animals.</td>
<td>Echinodermata</td>
<td></td>
</tr>
<tr>
<td>Vertebrate</td>
<td>Vertebrates are animals that are members of the subphylum Vertebrata</td>
<td>Vertebrata</td>
<td></td>
</tr>
</tbody>
</table>
Marine Life - Food Web

A Food Web in the Cold Desert Biome

The Food in this Biome is in the Ocean

Top Predators
- Killer Whale

Secondary Consumers
- Whales
- Seals
- Fishes
- Penguins

Primary Consumers
- Krill
- Shrimp
- Small Fishes
- Squid

Primary Producers are in the Ocean
- Phytoplankton, diatoms
- Unicellular life forms

Ice, Snow, and Rocks

Bacteria
Anglesea River
Sun Smart

Safety
the
Sun and Surf

watersafety
Five Important Steps to Sunsmart

- Slip on a shirt
- Slop on some sunscreen
- Slap on a hat
- Seek shade
- Slide on some shades

What to look for in a sunscreen

- Use an SPF 30+ broad spectrum water resistance sunscreen.
- Check the ‘Use by’ date – do not use one with an expired date.
- Store below 25°C
Ultra Violet Radiation

The ultraviolet radiation in sunlight is divided into three bands: UVA (320–400 nanometres), which can cause skin damage and may cause melanomatous skin cancer; UVB (280–320 nanometres), stronger radiation that increases in the summer and is a common cause of sunburn and most common skin cancer; and UVC (below 280 nanometres), the strongest and potentially most harmful form. Much UVB and most UVC radiation is absorbed by the ozone layer of the atmosphere before it can reach the earth’s surface; the depletion of this layer is increasing the amount of ultraviolet radiation that can pass through it. The radiation that does pass through is largely absorbed by ordinary window glass or impurities in the air (e.g., water, dust, and smoke) or is screened by clothing.

Skin Cancer

Cancer is a leading cause of death in Australia – more than 43,200 people died from cancer in 2011. Cancer accounted for about 3 in 10 deaths in Australia.

1 in 2 Australian men and 1 in 3 Australian women will be diagnosed with cancer by the age of 85.

Around 19,000 more people die each year from cancer than 30 years ago, this is due mainly to population growth and aging. However, the death rate (number of deaths per 100,000 people) has fallen by more than 16%.
FACTS ABOUT SKIN

It's your body's largest organ, despite what the readers of Maxim think.

An average adult's skin spans 21 square feet, weighs nine pounds, and contains more than 11 miles of blood vessels.

The skin releases as much as three gallons of sweat a day in hot weather. The areas that don't sweat are the nail bed, the margins of the lips, the tip of the penis, and the eardrums.

Ooh, that smell: Body odor comes from a second kind of sweat—a fatty secretion produced by the apocrine sweat glands, found mostly around the armpits, genitals, and anus.
Here are some rules.

1: Always swim between the red and yellow flags.

2: Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets in and around water. No one should use any other type of floatation device unless they are able to swim.

3: Don’t dive headfirst—protect your neck. Check for depth and obstructions before diving, and go in feet first the first time.

4: Pay especially close attention to children and elderly persons when at the beach. Even in shallow water, wave action can cause a loss of footing.

5: Keep a lookout for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants. Leave animals alone.
FACTS ABOUT SKIN

- It’s your body’s largest organ
- The thinnest area on skin is on the eyelids
- The skin is constantly shedding dead cells
- It helps to regulate body temperature. Goose bumps are little pimples that help keep a layer of warm air over your body.
Water Safety Rules:

Never swim alone
Always swim where it is safe
If you get dumped by a wave and you can’t get back up, don’t panic
Swim between the flags
If you need help raise your hand
Types of Waves.

- Plunging waves
- Surging waves
- Spilling waves
**Beach Safety**

**Identification of a Rip**

- A channel of churning, choppy water;
- A line of sea foam, seaweed, or debris moving steadily seaward;
- Different colour water beyond the surf zone; and
- A break in the incoming wave pattern as waves roll into shore.

**What to do if caught in a Rip**

Swim side ways

Yell for help

If know what to do let it shore
Dangers at and on the beach

- Sharks
- Glass
- Rips
- Poisons animals
- Jelly Fish
- Crabs
- Powerful waves
- Sea animals
- Needles
Dangers at and on the beach

- Blue bottles
- Jelly fish
- Glass
- Sticks
- Sharks
- Sharp things
- Syringes
- Sunburn
- Rips
- Sea animals

Beach and Water Safety Tips

- Swim Near a Lifeguard
- Learn to Swim
- Never Swim Alone
- Don’t Dive in Headfirst
- Obey Warning Signs and Flags
# WHAT TO DO IN AN EMERGENCY

**Resuscitation**

**Procedure:**
Do two breaths in the persons mouth, then do 30 compressions. Keep on doing this until the ambulance come.

**Emergency Phone Numbers:**
- Landline: 000
- Mobile: 112

**DRS - Can you hear me?**
**C- Open your eyes**
**O- What is your name?**
**W- Squeeze my hand**
**S- Send for help**

**ABC - Air way**
**B- Breathing**
**Look - Look to see if their chest is moving**
**Listen - Listen if they are breathing**
**Feel – Feel to see if they are breathing**

**C - CPR**

**D - Defibrillation**

---

**Resuscitation Chart**

- **Danger:** (Symbol) Emergency contact number
- **Response:** (Symbol) CPR training location
- **Send:** (Symbol) Emergency contact number
- **Airway:** (Symbol) CPR training location
- **Breathing:** (Symbol) CPR training location
- **Feel:** (Symbol) CPR training location
- **CPR:** (Symbol) CPR training location
- **Defibrillation:** (Symbol) CPR training location

---

**Australian for Life**

To get involved and learn to save a life, visit the website or call 1000 766 157.
Boat Safety

When you are in a boat you need to wear a life jacket at all times and don’t lean over the edge. Don’t rock the boat and make sure you have something to scoop the water out of the boat if the water starts getting in some how. Never go out alone because that could be really bad if you aren’t wearing a life jacket and you fall over board you will need someone to pull you back in or save you. You will always need a first aid kit in the boat at all times if you don’t have one go by one now.
On the 24\textsuperscript{th} to the 25\textsuperscript{th} of February Grade 5 and 6 of Colac Primary School, and Beeac Primary School, went to Anglesea camp. We left the school at 8:12am. On the bus we just listened to the radio and chatted. We got to the camp site at about 9:15am. We got told the rules of the camp, and we were told who was in our cabin. In my cabin was Paige, Mia, Holly, Annalie and Stacie. We unpacked the bus and took our bags into our cabins and then got changed into our bathers, ready to go surfing. We hopped on the bus and went to the beaches. Room 8 and the Beeac boys went to Main Beach. While room 7 and the Beeac girls went to Urquhaths. When we got to Urquhaths we got out of the bus and listed to the instructors. They told us hoe to put a wet suit on and to carry a surf board. We put on our wet suits and went down to the beach. Then we went into groups to get taught how to surf. When we were finished our lesson, we went down to the water and started surfing. I got up my first time, and so did some others. It was really fun. We were in the water for about 2 hours. After that we got changed and hopped on the bus again to go and get room 8.

After surfing we had lunch at the playground. Then we went to the rock pools and stated looking for Marine Life. The rock pools were fun for swimming in.
I believe Anglesea camp was the best camp I’ve ever been on. Here are some reasons why I think Anglesea camp was the best. To start with, we got to go to the beach and do lots of exciting activities. We got to do surfing for 2 hours which was so much fun. Also going and doing activities and games were lots of fun too. All the other camps I went on I didn’t get to go down to the beach. Secondly, the camp grounds had lots of exciting activities to do. There was a rope course, a playground, trampolines and a beach volleyball net. All those things were very entertaining and so much fun. Thirdly, going to the river was very enjoyable. At the river I got to go fishing and swimming, and best of all canoeing. Spending the afternoon doing those things was very fun. Overall, Anglesea camp was the best camp I’ve ever been on so far. Going surfing and doing and doing lots of activities were really fun and exciting! It was very outdoorsy, which I like very much!