



CELEBRATING 140 YEARS OF EXCELLENCE IN GIRLS' EDUCATION | 1886-2026

16 February 2026

Dear MLC School Year 9 parents and carers,

**Re: Year 9 Adventures Program 2026 – Urban Horizons: *Shaping Sustainable Futures***

We are excited to be launching the 2026 Year 9 Urban Horizons: *Shaping Sustainable Futures*.

This camp is coordinated by Urban Challenge and will run from **Monday 30 March to Thursday 2 April 2026**. The four-day program follows an unfolding journey across the Sydney CBD and surrounding suburbs. Students will work in teams to organise their travel, food and budget as they navigate their way across the city.

All Year 9 students who are **not** enrolled in Cadets will participate in the Urban Horizons program. This camp still provides **Duke of Edinburgh participants** who are not attending the Cadet Camp with a qualifying hike, while offering all students a rewarding and engaging adventure experience.

Students will be supervised by an MLC School teacher and supported by an Urban Challenge guide throughout the program. Alongside their peers, students will develop skills and understanding in self-sufficiency, leadership, teamwork, responsibility, service, environmental awareness, and problem-solving. Students will be staying in a combination of hostel accommodation and glamping tents. The exact locations of these sites are not provided to students in advance, as part of the challenge requires teams to plan and navigate their own routes each day.

Urban Challenge has created a private page for MLC School on their website which contains all the information about the program and how to register your daughter's details for the challenge. **Please use the information on the next page to login and fill out the required details.**

During the program, this private page will allow you to follow the teams' progress, participate in optional challenges to help teams earn extra points, read daily blogs, and view photos and videos from the experience. **Please use the same login details below to access the page.**

This portal will open closer to the commencement of the program and will remain accessible for an extended period after it concludes. Following the completion of the challenge, students and parents will be able to login and download photos from the program.

Please explore the Urban Challenge website for further information about the program. Should you choose to purchase any equipment through Urban Challenge, full payment will be required at the time of purchase.



**MLC SCHOOL**  
A UNITING CHURCH DAY SCHOOL FOR  
GIRLS, PRE-KINDERGARTEN TO YEAR 12

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SCHOOL



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## Medical, Consent and Permission Forms

Urban Challenge requires families to complete an online Medical Form for your daughter by **27 February 2026**.

Please go to [www.theurbanchallenge.com.au](http://www.theurbanchallenge.com.au), click "Login" and enter the details below:

- Username: **mlcurban**
- Password: **mlc2026**

Any medication that your daughter requires should be given to the MLC School Health Centre by **20 March 2026**. Medication must be clearly labelled in a zip lock bag with dosage instructions. A **medication authority form** is attached to this note.

All S4 and S8 medication (anxiety, depression, ADHD etc) must be in a webster pack from the pharmacy. Please note this will take the pharmacy several days to prepare.

## MLC School Permission, OMNIA

You will receive a notification via Omnia for your daughter's permission to attend camp, please ensure this is completed by **27 February 2026**. Please note this *is on top of the Urban Challenge requirements*.

Once the Urban Challenge online form has been completed and consent ticked, you will receive a summary of these details onscreen to save to your records.

## Experiential Learning Student Code of Conduct

Please read through the attached title, Experiential Learning Student Code of Conduct and sign with your daughters by **6 March 2026**. *Students should return this form to their Luminary.*

## Attached Documents

The following documents are attached to this letter:

- Year 9 Urban Horizons Program and Cost
- Experiential Learning Student Code of Conduct
- Medication Authority Form
- The Urban Challenge Equipment List

Kind regards,

**Jack Rudd**

Adventure and Immersions Coordinator



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### Year 9 Urban Horizons Program and Cost

<b>Cost</b>	<b>\$1000.</b> This will be charged on school fees spread over the next three terms.
<b>Transport</b>	Public transport
<b>Accommodation</b>	Tents, hostels
<b>Communication</b>	In the case of emergency, a phone number will be provided closer to departure.
<b>Medications</b>	<p>Any medication that your daughter needs to bring should be given to <b>the MLC School Health Centre by Friday 20 March 2026.</b> Medication must be clearly labelled in a zip lock bag with dosage instructions. A medication Authority form is attached to this form.</p> <p>Any new medication that is not stated on the medical forms will require a letter explaining why it is required and instructions for administration.</p> <p>All S4 and S8 medication (anxiety, depression, ADHD etc) must be in a webster pack from the pharmacy. Please note this will take the pharmacy several days to prepare.</p>
<b>What to bring</b>	The equipment list from Urban Challenge is attached.
<b>Electronic equipment</b>	Mobile phones, Laptops or any other electronic equipment must not be brought on camp. The phone and internet capabilities on smart watches must be turned off for the duration of the camp.
<b>Student Presentation</b>	To be delivered to students on Wednesday 18 February.
<b>Checklist</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b><u>Before Friday 27 February 2026</u></b> Log on to Urban Challenge to complete medical forms</li> <li><input type="checkbox"/> <b><u>Before Friday 27 February 2026</u></b> Provide permission via MLC School Omnia</li> <li><input type="checkbox"/> <b><u>Before Friday 6 March 2026</u></b> Parents and students to sign and return Student Code of Conduct form and students to return to their Luminary</li> <li><input type="checkbox"/> <b><u>Before Friday 20 March 2026</u></b> Medications to be provided to the MLC School Health Centre accompanied with the attached form</li> </ul>

## **Experiential Learning Student Code of Conduct**

### **Senior School Off-Campus Experiences**

We define off-campus experiences as any overnight trip that students participate in whether that be regional, interstate, or international. In addition, this code of conduct applies to off-campus experiences that occur both in term time and non-term time (school holidays).

Students are always required to abide by the MLC School Student Code of Conduct as outlined in the student diary when participating in any school related events. Off-campus experiences such as camps, immersions, and overseas tours, require an additional layer of responsibility on the student's behalf to ensure the safety of all.

Students are required to demonstrate respect by following the directions of teachers and other adults with delegated responsibility whilst off-campus. This includes but is not restricted to external providers (Outdoor Education Instructors, Tour Guides, Presenters) and non-teaching school delegates at all times. Breaches of this directive can have varying levels of consequence to the individual and the group. Breaches will be managed by the appropriate staff member with responses ranging from immediate reprimand and consequence through to being sent home at their family's expense.

#### **The following will constitute a serious breach of the School Code of Conduct and School Rules:**

- If a student is found out of their cabin after lights out unless there is an emergency or seeking support from a staff member
- If a student is in the possession of and/or drinking alcohol
- If a student is in possession of and/or using cigarettes/ e-cigarettes
- If a student is in possession of and/or using illegal or illicit drugs or drug paraphernalia
- If a student's actions puts the safety of the group or individual at risk

Serious breaches of the School Code of Conduct as outlined above will result in the primary care giver being contacted. The primary care giver may be required to collect their student from the off-campus experience at their own expense. If the student has engaged in an illegal act such as possession of an illicit substance, there may be the involvement of law enforcement agencies.

All MLC School Immersions and Adventurer Camps are device free unless otherwise indicated by staff. Students are not permitted bring any device including mobile phones, laptops, iPads, cell enabled smart watches or tablets. Students who have these in their possession will have their devices removed for the remainder of the trip and returned to the parent or carer at the conclusion of the experience.

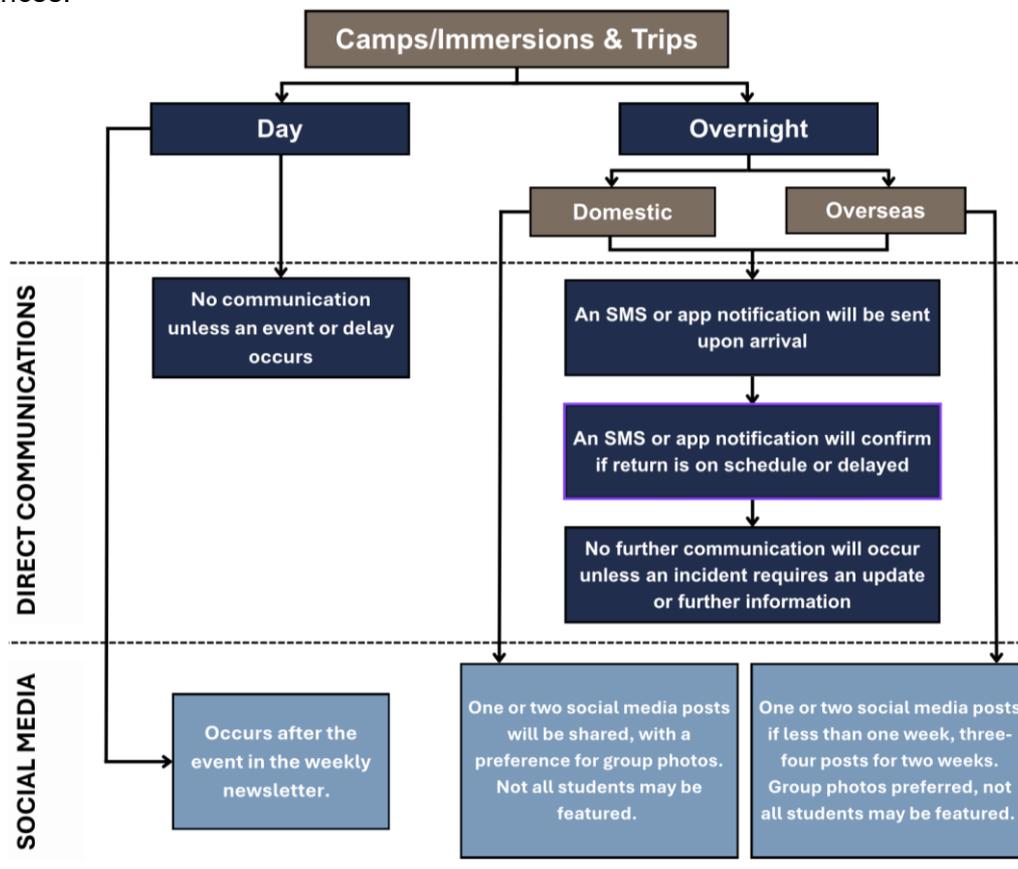
## Family Support

To be able to offer our students a range of off-campus experiences we need to work in partnership with our families to ensure these trips are safe and enjoyable for all. Prior to departure, we ask that the primary care givers check their students' bags to ensure there is no contraband being brought onto trips. This includes unsanctioned food, especially those containing allergens. Families whose students are traveling on overseas trips need to have discussions around safety, differing laws and cultural expectations in foreign countries to reinforce the briefings carried out at MLC School.

School off-campus experiences can also be a student's first time staying away from their primary care giver. We ask families assist in supporting their students and prepare them to stay away from home. This can be as simple as helping them by setting expectations in relation to food, personal hygiene and sleep to be different to what they experience at home. Parents/carers are required to disclose any wellbeing concerns that may affect their student from participating fully in off campus experiences well in advance of departure to ensure the staff are able to manage any concerns on a trip.

## Communication with Parents

Parents can expect the following level of communication in relation to off-campus experiences.



## Acknowledgment

By signing below, you confirm that you have read and understood the MLC School Experiential Learning Student Code of Conduct and acknowledge the expectations for participation in off-campus experiences.

Student Full Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Full Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Medication Authority Form - Camp/ Excursions

Name of Camp/Excursion:		
Student's Full Name:	Year:	Date of Birth:

MEDICATION REQUIRED				
Name of Medication/s	Dosage (amount)	Time/s to be taken	How is medication to be taken? (E.g. Orally/topically)	Dates
				Start Date: / / End Date: / / <input type="checkbox"/> Ongoing Medication
				Start Date: / / End Date: / / <input type="checkbox"/> Ongoing Medication
				Start Date: / / End Date: / / <input type="checkbox"/> Ongoing Medication

MEDICATION STORAGE
Please indicate if there are specific storage instructions for the medications

MEDICATION DELIVERED TO MLC SCHOOL
Please ensure that medication delivered to the School:
<input type="checkbox"/> Is in its original package <span style="margin-left: 200px;"><input type="checkbox"/> The pharmacy label matches the information included in this form</span> <input type="checkbox"/> S4 / S8 medication in webster pack.

MONITORING EFFECTS OF MEDICATION
Please note: School staff do not monitor the effects of medication and will seek emergency medical assistance if concerned about a student's behaviour following medication.

AUTHORISATION	
Name of Parent/Guardian:	Signature:
Date:	



# The Urban Challenge

## EQUIPMENT LIST

The following is a recommended equipment list for students attending The Urban Challenge.

Please note items in bold are essential for your well-being.

Wear comfortable clothes – no singlet tops or short shorts.

While completing the challenge you will be staying in youth hostels each night - linen, pillow cases and blankets are supplied.

Gear should be packed in a back pack (your school backpack or rucksack of similar size). Shoulder bags and suitcases are not suitable.

It is important to pack minimal gear as you will be carrying your backpack each day throughout the Challenge.

- > **Rain jacket** - Essential and must be waterproof.
- > **Footwear** - Shoes that are sturdy and comfortable for walking all day. Thongs may be brought to wear in the shower.
- > **Sun hat** - Compulsory. We recommend a soft hat with a wide brim or peak and cape.
- > **Water bottle** - Must be refillable and at least 600ml.
- > Long sleeve shirt & long pants - For sun protection and evening warmth.
- > Polo shirts or T-shirts.
- > Jumper/fleece - Not too bulky.
- > Socks & underwear - One set for each day.
- > Tracksuit/PJs - To sleep in.
- > Head torch.
- > **Do not bring a towel - we will supply a pack towel for all participants.**
- > Swimming costume - You may have the opportunity to swim throughout the Challenge.
- > Toiletries - Don't go overboard as all items have to be carried. No aerosols.
- > Sun screen - Bring a small tube.
- > 2 large garbage bags - For wet gear and waterproofing in the even of rain.
- > **Student ID** - You will receive a student OPAL card for the duration of your Urban Challenge - you will need ID in case your card is checked by an inspector.



**Medications:** All medications should be listed on the medical form supplied by the school.

**Food:** Please do not bring any sweets or junk food to The Urban Challenge - there will be plenty of meals to keep you going.

**Valuables:** Please do not bring the following - mobile phones, your own money, electronic games, iPods, expensive jewellery as we are not responsible for lost items.

**Contacts:** For general enquiries call our Sydney office on 02 9483 9333 during business hours. If after hours contact is required, please call the office line for the listed number for your program.