



MLC
SCHOOL

Year 10 Immersion Information Booklet 2026

Introduction

We are excited to introduce the Year 10 Immersion Dear Future Self Program for 2026.

This four-week immersive experience is designed to support students as they reflect on their identity, consider future pathways, and develop practical life skills. Through journaling, career exploration and hands-on activities, students will build a deeper understanding of themselves, their strengths and their aspirations. The program will conclude with students presenting their final projects and future plans to a panel of staff.

Students will attend their regular Year 10 classes during the first four weeks of Term 4, inclusive of the exam period. From Week 5 to Week 8 students will take part in the Dear Future Self program.

This booklet contains all key information including next steps for work experience, details about the five-day Forster camp, and other important program requirements. Families are asked to read the information carefully and **complete all relevant consent forms by the required deadlines.**

The cost of this program has been charged across the last three fee instalments. Due to the extensive planning and pre-booking commitments MLC School is required to make, we are unable to offer a refund for any program component that your daughter does not attend. We appreciate your understanding.

The Year 10 Immersion will be a rewarding experience for all students. If you have any questions or concerns about this program, please don't hesitate to contact:

- Work Experience, University Campus Tours, Future Studies and Career Experience Day
Contact:
 - **Jo Cilia**, Head of Futures and Pathways – jcilia1@mlcsyd.nsw.edu.au
 - **Nicole Massara**, Futures and Pathways Advisor – nmassara@mlcsyd.nsw.edu.au
- Camp Week & Immersion Experiences
 - **Jack Rudd**, Adventure and Immersions Coordinator – jrudd@mlcsyd.nsw.edu.au

Kind regards,



Jack Rudd

Adventure and Immersions Coordinator

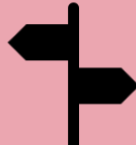


Sarah Jauncey

Director of Experiential Learning

Year 10 Immersion – Program Calendar & Outline

(Click on any day or program below to take you to that information, otherwise information follows below)

T4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W5	Nov 9 WORK EXPERIENCE 	10 WORK EXPERIENCE 	11 WORK EXPERIENCE 	12 WORK EXPERIENCE 	13 WORK EXPERIENCE 
	16 CAMP WEEK FORSTER 	17 CAMP WEEK FORSTER 	18 CAMP WEEK FORSTER 	19 CAMP WEEK FORSTER 	20 CAMP WEEK FORSTER 
	23 LOCK IN DAY 	24 RYDA DRIVING EXCURSION 	25 CAREER EXPERIENCE DAY 	26 UNIVERSITY CAMPUS TOURS 	27 YOUR CHOICEZ PROGRAM 
	30 FUTURE READY DAY 	Dec 1 TEAM BUILDING DAY 	2 YEAR 11 EXPERIENCE DAY 	3 PROJECT PRESENTATIONS 	4

Project Preparation

Work Experience Program

In Week 5, from **Monday 9 November to Friday 13 November**, all Year 10 students will take part in a range of work experience opportunities.

Our students have secured a wide range of placements and will be spending the week gaining valuable hands-on experience with their host employers.

Luminary teachers will be conducting an in-person visit or phone call at the start of placement as well as a follow-up check-in later in the week to assess student progress and gather information about the experience.

Camp Week – Forster

In Week 6, from **Monday 16 November to Friday 20 November**, students will travel to Forster to take part in an Outdoor Education program. This week is dedicated to “switching off” from study and engage in a range of activities designed to promote wellbeing and independence.

Activities will include:

- Shopping for groceries
- Cooking and preparing meals in cabin groups
- Yoga sessions – at local studios
- Snorkelling
- Surfing
- Kayaking
- Coastal bushwalk
- Journaling and meditation
- Putt Putt
- Art workshop and painting class
- One night dinner at a local restaurant

The retreat will be led by Land’s Edge Foundation, an experienced outdoor education provider that works with school students across NSW and the ACT. MLC School has an established relationship with Land’s Edge. All student groups will be assigned with a Land’s Edge group leader and an MLC School staff member.

The table on the following page highlights all the key information and permission forms parents and carers must complete prior to departure.

Year 10 Immersion – Camp Week	
Depart	Monday 16 November 2026 Students should arrive at Kent House by 7.30am.
Return	Friday 20 November 2025 Students will return to Kent House by 5pm.
Transport	Bus
Accommodation	Holiday cabins – students will be staying in three groups: - Group 1 at Forster Beach Holiday Park - Group 2 at NRMA Holiday Park - Group 3 at Tuncurry Holiday Park
Lands Edge Medical and Consent Forms	All Year 10 parents and carers must complete the <u>Year 10 Land's Edge Medical and Consent</u> forms by Friday 23 October 2026 . These forms can be completed through the Land's Edge Student Portal, which can be accessed by clicking here .
MLC School Permission Form – Omnia	During the break you will receive a notification via <i>Omnia</i> for your daughter's permission to attend camp, please ensure this is completed by Friday 23 October 2026. Please note this <i>is on top of the Land's Edge requirements</i>. Please read through the attached Experiential Learning Student Code of Conduct with your daughter. <u>By completing the permission process through <i>Omnia</i>, you and your daughter agree to the terms outlined in the Code of Conduct.</u>
Medications	Any medication that your daughter needs to bring should be given to the MLC School Health Centre by Friday 6 November 2026. Medication must be clearly labelled in a zip lock bag with dosage instructions. A medication Authority form is attached below and separately to the App notice. 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. Medication must not be packed in students' bags, and any medication brought on the morning of departure will not be accepted.
Meals	In cabin groups, students will be shopping, cooking and preparing their meals. Students will visit the local grocery store on arrival to Forster. Money will be provided to each group for the week. It is suggested that your daughter brings take-away containers to store leftovers. Each group will be going to a local restaurant for dinner on one night. Restaurants will be supervised by MLC School staff. Students must bring morning tea and lunch for the first day.

Communication	MLC School staff will provide updates via the MLC School App once students have arrived safely at camp and again when they depart, to inform parents if there are any changes to the expected pick-up time. The school will contact parents directly if any additional communication is required. A diagram highlighting this process is attached in the Experiential Learning Student Code of Conduct. In the event of an emergency while your daughter is at camp, a contact phone number will be provided. This number will be distributed closer to the departure date.
What to bring	The MLC School Packing List is attached below. It is important that students bring everything on the packing list but there is no need to buy expensive equipment. The Land's Edge Packing List, which you can access through the Student Portal, is <u>generic across all their camps. Families should follow the MLC School list instead.</u>
Electronic equipment	Please note this is a device free trip for all students. No laptops, iPads, phones or smart watches are to be brought on this trip. Any device will be confiscated by staff and appropriate consequences will be given for offenders.

MLC School Clothing and Equipment Packing List

Year 10 Immersion (Overnight Bag)

Item	Description	Checklist
Duffle Bag (x1)	A duffle bag is easiest to carry and load on and off the bus. If you don't have one, you may bring a suitcase as a last resort, but you will not be able to use the wheels.	
Sleeping Bag (x1)	Comfort temperature of 0 degrees Celsius.	
Flat Sheet (x1)	Single sheet is preferred.	
Pillowcase & Pillow (x1)	Pillows will not be supplied. Please bring your own.	
T-Shirts	T-shirts must cover arms and midriff. No singlet tops allowed. As many as required.	
Shorts / Short Tights	Shorts must be mid-thigh length. As many as required.	
Long Pants or Long Tights	Pants to keep warm as it might be cold. As many as required.	
Jumper or Jacket (x2)	It may be cold. You will need a jumper and warm jacket. Puffa jacket for over the top at night is perfect!	
Swimming Costume	One piece swimming costume (school one is perfect!). A rash shirt is also recommended.	
Socks	As many as you would like to wear.	
Underwear & Pyjamas	As many as you would like to wear.	
Walking Shoes (x2)	Shoes that are comfortable to walk in. Sneakers are perfect.	
Water Shoes (x1)	These cannot be crocs or thongs . You can get cheap water shoes from Kmart or Anaconda. Another option is an old pair of sneakers. These shoes will get wet and will only be worn for water activities. Don't forget a garbage bag to bring them home!	
Head Torch	A head torch that has new batteries installed before departure.	
Insect Repellent	Roll on or lotion – no aerosols.	
Garbage Bag (x3)	For dirty and wet clothing.	
Toiletries	Toothpaste, toothbrush, shampoo, conditioner, soap, deodorant, and other personal essentials.	
Towel (x2)	Bath towel for showering. Beach towel for water activities.	

MLC School Clothing and Equipment Packing List

Year 10 Immersion (Day Bag)

Item	Description	Checklist
Day Bag (x1)	The day bag is a backpack that you will take with you all day. It needs to fit water bottle, hat, sunscreen, warm jumper, raincoat.	
Waterproof Rain Jacket (x1)	A waterproof rain jacket with a hood. (packed in day pack). Ponchos, ski jackets or puffer jackets are not suitable as a rain jacket.	
Drink Bottle (x1)	A water bottle that can be re-filled and must be at least 750ml.	
Sunscreen and Hat	Must be at least 50+. A broad brim hat is preferred.	
Food	Morning tea and lunch for the first day.	
Pens & Immersion Journal	Please bring your immersion journal that has been provided by MLC School.	

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.

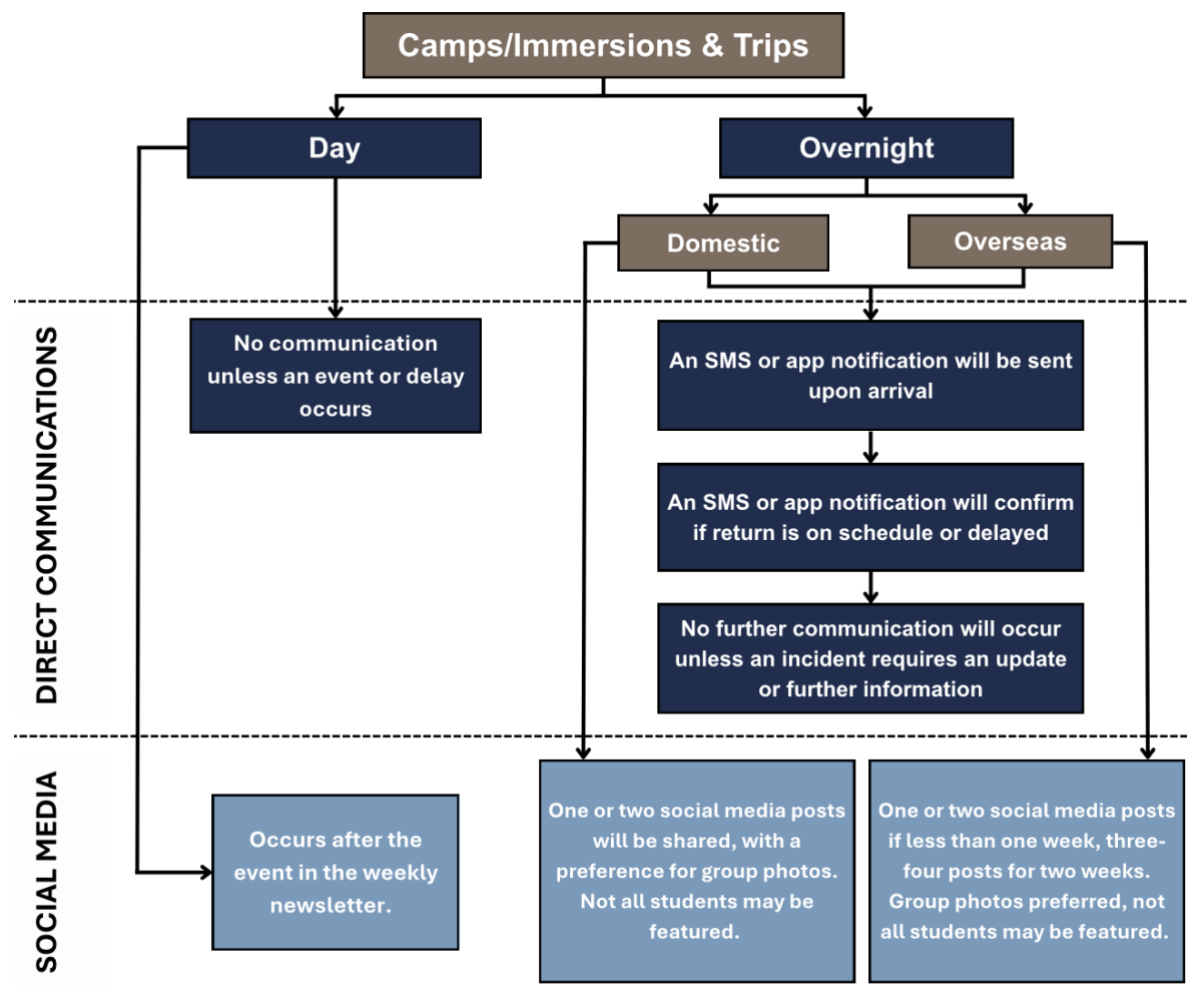
Family Support

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.





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: / / ☐ Ongoing Medication
				Start Date: / / End Date: / / ☐ Ongoing Medication
				Start Date: / / End Date: / / ☐ 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:
☐ Is in its original package ☐ The pharmacy label matches the information included in this form
☐ 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:	



Lock In Day

On **Monday 23 November** students will take part in several IB and HSC workshops designed to prepare them for Year 11 and 12 studies. The format of this day will be confirmed with Year 10 students in Term 4.

Key Information	
Where to meet?	Level 1 of the MLC School Senior Centre
Transport	NA – onsite
Uniform	MLC School Summer Uniform

Ryda Driving Excursion

On **Tuesday 24 November**, students will travel to Cricket NSW to take part in the RYDA road safety program, delivered by a team of facilitators including police, driving instructors and other community sector specialists. The program equips students with the knowledge, habits and motivation to make safe choices on our roads, both as drivers and passengers.

Key Information	
Where to meet?	Level 1 of the MLC School Senior Centre
Transport	Bus to and from School.
Uniform	MLC School Sports Uniform

Future Studies and Career Experiences Day

On **Wednesday 25 November**, the Futures and Pathways Department are offering students with a variety of workshops, micro credentialling courses and experiences to choose from.

Summary of experiences available for selection include:

1. Barista Training
2. Keeper for a Day
3. Confidence & Communication Masterclass
4. Game Design and Animation
5. Design Industry
6. Explore a future in Allied Health
7. Parliament House and Law Courts
8. Explore Hospitality, Events and Tourism
9. Discover the Future of Technology
10. World of Health & Medicine

Students are to select preferences using the following [link](#). Preferences are to be completed by **Friday 23 October 2026**.

We encourage students to read the [overview](#) of all the opportunities on offer and consider location, cost and interest before making their preferences. Some activities may be subject to minimum numbers to run.

Key Information?	
Where to meet?	Various locations
Transport	Public transport (students make their own way)
Uniform	MLC School Summer Uniform unless otherwise advised

University Campus Tours

On **Thursday 26 November**, students will embark on a full-day university experience at University of Sydney (USYD), University of New South Wales (UNSW), University of Technology (UTS).

These visits aim to inspire students and broaden their understanding of higher education pathways while supporting them in making informed decisions about their future studies and careers.

Each experience will include guided campus tour, information presentations and talks with ambassadors. Students will cover a wide variety of topics including undergraduate courses, scholarship opportunities, clubs and extracurricular activities.

Key Information	
Where to meet?	Various – To be confirmed with students in Term 4
Transport	Public transport (students make their own way)
Uniform	MLC School Sports Uniform

Your Choicez Program

On **Friday 27 November**, Year 10 will complete the Your Choicez Respectful Relationships full-day program. Through group discussions and personal reflections, students will explore what it means to build respectful relationships and recognise the warning signs of unhealthy ones, along with the pressures and stereotypes young people face growing up today.

The program will encourage students to reflect on their own beliefs, behaviours and values to build the confidence and tools to navigate relationships respectfully as they move into adulthood.

Key Information	
Where to meet?	Level 1 of the MLC School Senior Centre
Transport	NA – onsite
Uniform	MLC School Summer Uniform

Future Ready Day

On **Monday 30 November**, students will take part in the Future Ready Day. All of Year 10 will be completing the following activities in a rotation:

- **Galmatic** – Empowering young drivers with essential car knowledge for greater safety and confidence on the road by learning the 10min servo check, how to change a tyre, what to do in an emergency and accident reporting.
- **Biting Truth Nutrition** – This session is all about nutrition, what to eat when and how to make healthy food choices that work around study, physical activity and busy lifestyles. The session will also give students recipe ideas and some tips and tricks to make easy healthy snacks.
- **Moneyvest Financial Education** – Practical and engaging financial literacy session that provides hands-on strategies to build financial health, capacity and confidence
- **PPEP Talk Periods, Pain and Endometriosis** – PPEP Talk is a fun, medically accurate information session that explores periods, pain and endometriosis from the perspective of modern pain neuroscience.

Key Information	
Where to meet?	Level 1 of the MLC School Senior Centre
Transport	NA – onsite
Uniform	MLC School Sports Uniform

Team Building Day

On **Tuesday 1 December**, Year 10 students will take part in a team building day run by MLC School's Experiential Learning team. The day will be filled with a range of team games, challenges and group initiatives designed to strengthen relationships across the cohort, build trust and encourage collaborative problem-solving. This day aims to lay the foundations students will draw on as leaders and peers throughout Year 11 and Year 12.

Key Information	
Where to meet?	Level 1 of the MLC School Senior Centre
Transport	NA – onsite
Uniform	House Shirt with MLC School Sports Uniform

Year 11 Experience Day

On **Wednesday 2 December**, students will create a Year 11 and Year 12 toolkit to assist them with their senior years of study. The format of this day will be confirmed with Year 10 students in Term 4.

Key Information	
Where to meet?	Level 1 of the MLC School Senior Centre
Transport	NA – onsite
Uniform	MLC School Summer Uniform

Project Presentations

On **Thursday 3 December**, each student will be allocated a scheduled time to present to a panel of teachers, reflecting on three key questions:

- Identity – Who am I?
- Aspiration – Where do I want to be?
- Pathway – How am I going to get there?

These project presentations, developed by students throughout Week 8, will provide an opportunity to reflect on their experience of the Year 10 Immersion Program.

Key Information	
Where to meet?	Level 1 of the MLC School Senior Centre
Transport	NA – onsite
Uniform	MLC School Summer Uniform