



Year 10 Immersion Information Booklet 2025

Introduction

Early this year we announced the revitalised Year 10 Immersion program titled '*Dear Future Self*'. We are excited to share with you the confirmed program for this year's immersion.

This program is designed to encourage students to reflect on their identities, set future goals, and build practical life skills. Through journaling, career exploration, and hands-on activities, students will develop a deeper understanding of themselves and their aspirations. The program will conclude with students presenting their final projects and future plans to a panel of teachers.

Please take the time to read through the information booklet thoroughly. It is very detailed and requires **immediate action** to:

- select workshops [preferences](#)
- complete [permission notes](#) and
- provide [medical and dietary](#) requirements.

Please see the second last page that will have a [checklist of things to be completed](#). Also included in the booklet is a short video of information about the program and contact details.

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The Program At a Glance

Week 1 to Week 4: Standard Classes

Tuesday 14 October to Friday 7 November 2025

Students will attend their regular Year 10 classes during the first four weeks of term.

Week 5: Immersion Trip — North Coast

Monday 10 November to Friday 14 November 2025

This week is dedicated to 'switching off' from study and engaging in a range of activities designed to promote wellbeing and independence. Activities include:

- Surfing
- Snorkelling
- Hiking
- Painting
- Yoga
- Budgeting and cooking their own meals

Week 6: Future Forward Week (No Regular Classes)

Monday 17 November 2025

- Monday: Galomatic car tyre changing workshop, wellbeing sessions, nutrition, sleep, financial education, and a Pelvic Pain Foundation presentation

Students are to discuss options with their families, and consider location, cost and interests before choosing their preferences where applicable for the following days:

- Tuesday: Selection of careers experiences and workshops
- Wednesday: University visits — UTS in the morning and USYD in the afternoon (Year group activity)
- Thursday: Academic workshops on campus
- Friday: RYDA driver safety day (off campus)

Week 7: Work Experience

Monday 24 November 2025

Students will participate in offsite work placements. Teachers will be checking in with students during their placements.

Week 8: Final Week of Term 4

Monday 1 December 2025

- Monday (Periods 1a/b): Students work on their final project
- From Period 2a: Regular classes resume, with students stepping out as needed to present their final projects to a teacher panel

Week 5 immersion Trip to Foster

All students will travel via bus to Foster. Students will stay in three holiday parks. They will be supervised by MLC School staff and activities will be run by staff from the Land's Edge Foundation.

All students will participate in the following activities while on the retreat:

- Cooking and preparing all meals in cabin groups (menu and recipes decided prior to departure.)
- Shopping for all groceries
- Yoga sessions – at local yoga studios
- Snorkelling
- Surfing lesson
- Coastal bush hike
- Journaling/meditation
- Painting class
- Art workshop
- One night dinner at local restaurant (decided prior to departure)

Year 10 'Dear Future Self' Retreat	
Depart	Monday 10 November 2025 7am for a 7.30am departure at Kent House on Rowley Street.
Return	Friday 14 November 2025 students will return at 5pm at Kent House on Rowley Street.
Transport	Bus
Accommodation	Holiday cabins – Students will be in three groups: Group 1 staying at Forster beach reflections holiday park Group 2 staying at NRMA Forster Tuncurry holiday park Group 3 staying at Tuncurry reflections holiday park
Meals	In cabin groups students will be shopping, cooking and preparing for all meals. Students will visit the local grocery store on arrival at the retreat. Money will be allocated for 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.
Communication	MLC School staff will send a message via the MLC School app when students have arrived at camp and then when they are leaving to alert parents if arrival time has changed. The School will contact you if required. In case of an emergency while your daughter is away, there will be a phone number to call. This will be distributed closer to the departure date.

Medications	Any medication that your daughter needs to bring should be given to the MLC School Health Centre by Wednesday 5 November 2025. Medication must be clearly labelled in a ziplock bag with dosage instructions. A Medication Authority form follows shortly within this booklet. Any new medication that is not stated on the medical forms will require a letter explaining why it is required and instructions for administration. All S4 and S8 medication (Anxiety, depression, ADHD etc) medication must be in a webster pack from the pharmacy. Please note this will take the pharmacy several days to prepare.
What to bring	Please see attached list. The packing list on the Land's Edge portal is only suggested. The MLC School list is mandatory.
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.

Medical, Consent and Permission Forms – Needed by Friday 24 October 2025

Parents should complete the following permission and consent forms by **Friday 24 October 2025**

- For Land's Edge Foundation [Medical and Consent Form](#)
- Excursion permission note via [Omnia](#) parent portal

Medication Authority Form



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:	



MLC School What to Bring List – Year 10 Immersion 2025

Please note no bedding required as all is supplied by holiday parks.

Item	Description	Checklist
Duffle bag	If you have a duffle bag, it is easier to carry this from the bus to the cabins and to load on and off the buses. If you don't have a duffle bag as the last resort, you may bring a suitcase but you will not be able to use the wheels.	
Day pack	The day pack is a backpack that you will take with you all day. It needs to fit lunch, snacks, water bottle, hat, sunscreen, towel, warm jumper, raincoat.	
Waterproof rain jacket	A waterproof rain jacket with a hood. (packed in day pack) <i>Ponchos, ski jackets or puffer jackets are not suitable as a rain jacket.</i>	
Polo shirts, t-shirts and long sleeve shirts	T-shirts must cover arms and midriff. No singlets allowed. Long sleeved, collared shirts are recommended (As many as required)	
Shorts or short tights	Shorts must be mid-thigh in length. (As many as required)	
Long pants or trackpants	Pants to keep warm.	
2 other pairs of long pants	Synthetic material or quick dry hiking pants	
Jumper or jacket x 2	You will need a long sleeve t-shirt, jumper and warm jacket.	
Swimming costume and rash vest	Must be a full piece swimming costume.	
Socks x 4	Include a combination of medium-long and short length	
Underwear x4 and Pyjamas	As many as you like to wear.	
Walking shoes x 2	Shoes that are comfortable to walk in. Sneakers are perfect.	
1 x 1L Water bottles	A water bottle that can be re-filled must be at least 750ml. One will be placed in the day pack. Anything larger than 1L is not suitable	
Head torch	A head torch that has new batteries in before departure.	
Sunscreen and sunhat	Must be at least 50+. A broad brim hat is preferred.	
Hand Sanitiser	To keep in day pack	
Insect repellent	Roll on or lotion. No aerosols	
Plastic Bags x 2	For wet or dirty clothing	

MLC School What to Bring List – Year 10 Immersion 2025 (continued)

Toiletries	Toothpaste, toothbrush, deodorant, shampoo, conditioner, soap, sanitary items etc.	
Towels x 1	1 beach towel. The holiday park will supply a bath towel.	
Stationary	Pens and immersion journal that has been provided by the school	

Some extra items you might like to pack

Sunglasses, zinc, lip balm, camera (no phones or iPads), small soft toy, book to read, zip lock bags.

Day pack for the experience

Item	Description	Checklist
Drink bottle	A water bottle that can be re-filled must be at least 1L.	
Sunscreen and sunhat	Must be at least 50+. A broad brim hat is preferred.	
Rain Jacket	A waterproof rain jacket with a hood.	
Recess for day 1	No nut products.	
Lunch for day 1	No nut products.	
Stationary	Pens and immersion journal that has been provided by the School.	

Experiential Learning Student Code of Conduct

Please note that by providing permission to attend the immersion you are acknowledging that your daughter will adhere to the Experiential learning 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 always 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. 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 put 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

Experiential Learning Student Code of Conduct (continued)

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 caregiver. We ask families to 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 child 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.

Communications with Parents

Parents can expect the following level of communication in relation to off-campus experiences, these include Immersions/Camps and Other Student Trips (not excursions).

What	To Where	Length	Parent Communications	Photos/socials
Camps/Immersions	Local	Day only	None unless an event or delay occurs	After the event in weekly e-newsletter
Camps/Immersions	Domestic	Overnight or multi-day	SMS or app message on arrival	One or two social media posts. Group photos preferred, not every student may be featured.
			SMS or app that return is on track or delayed	
			No further communications unless an incident requires information/update	

Week 6 Future Forward week

This is an exciting week. Monday and Thursday will see students staying on MLC School campus and participating in workshops run by both MLC School staff and external providers. Tuesday, Wednesday and Friday students will be off site.

Monday 17 November 2025 – MLC School Future ready day

All students to meet at normal school time they are to meet on Level 1 of the Senior Centre for roll call. Students are to wear House shirts with sports uniform. Students will be doing the following activities in a rotation of groups:

Session 1

- Thinking Traps – Challenging our anxious and unhelpful thoughts, run by Tool box education.
- 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, accident reporting.

Session 2

- Sleep Connection – Lisa Maltman from the sleep connection will be running sessions on good quality sleep habits, how to get into good habits, why and what to do if you aren't getting enough sleep.
- Biting Truth Nutrition – This session is all about nutrition, what to eat when and how to make health food choices that will work around study, physical activity and busy lifestyles. This session will also give the students recipe ideas and some tips and tricks to make easy healthy snacks.

Session 3

- Moneyvest Financial Education – Practical and engaging financial literacy session that provide 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.

Week 6 Future Forward week (continued)**Tuesday 18 November 2025 – Future Studies and Career Experiences**

A full overview of the following experience and campus tours including work experience as presented to Year 10 students is available on the link below.

[Click here for Year 10 Immersion – Future Forward Powerpoint Presentation](#)

Students are to consider, location, cost and interest before selecting their preferences.

Experiences available for selection:

1. Creative Direction and Styling workshop
2. Barista Training
3. Keeper for a Day
4. Macquarie University – Leaders and Achievers
5. UNSW: Psychology in Focus
6. UTS: Law in Focus
7. Gourmet Food Truck Business
8. Sydney Airport: Planning and Delivery
9. UTAS: Paramedicine & Nursing, Marine and Antarctic Studies

A detailed itinerary of each experience will be given to students based on preferences selected, this will also include parent permission and link to payment page (if applicable).

[Please click here to for Experience Preferences](#)

Wednesday 19 November 2025 – University visits (Year group)

Students will embark on a full-day university experience, beginning at UTS Broadway in the morning and concluding at the University of Sydney in the afternoon.

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 tours, information presentations and talks with ambassadors covering a wide variety of topics including undergraduate courses, scholarship opportunities, student clubs and extracurricular activities.

Week 6 Future Forward week (continued)

Thursday 20 November 2025

All students to meet at normal school time they are to meet on Level 1 of the Senior Centre for roll call. Students are to wear normal school uniform. Students will have the choice of academic workshops for the day:

- 101 of Essay writing
- CEO of the future
- Art/design
- Sports science
- E- Learning

Friday 21 November 2025

Cricket NSW
161 Silverwater Road
Sydney Olympic Park

Students will travel to Cricket NSW and complete the RYDA driver education course. Students will travel from MLC School via bus leaving at 8.30am.

Year 10 students are asked to meet in the amphitheatre in the Senior Centre. Students will return at the end of the school day and will be dismissed from school. Students are required to wear full sports uniform.

Week 7 Work Experience Week

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

Each student will receive a Student Placement Journal to document their daily activities and sign-off from their host employers at the end of the week.

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

Check list of tasks to be completed

- Land's Edge Medical and Dietary forms via the [Land's Edge link](#)
- Permission via [Omnia](#) to participate in all programs
- Preference form for work Future Studies and Career Experiences
- Equipment for Immersion on ['What to bring'](#) list
- Check what uniform/requirements you need for each day

Year 10 2025 Immersion Details 'Dear Future Self'



Who to contact

Immersion program – Week 5 and Week 6

– **Sarah Jauncey**, Director of Experiential Learning – sjauncey@mlcsyd.nsw.edu.au

Work Experience Week

– **Jo Cilia**, Head of Futures and Pathways – jcilia1@mlcsyd.nsw.edu.au

– **Nicole Massara**, Careers and VET Coordinator – nmassara@mlcsyd.nsw.edu.au