

# Year 7 Outdoor Education 2018



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# Koorringal



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# The Philosophy of Kooringal

*To develop a positive attitude and respect for ones  
self, others and the environment through a  
challenging and supportive community*



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## Outcomes from Koorringal

- Overcoming personal challenges
- Physical and mental health and well-being
- Resiliency
- Strengthening of character
- Care for self, others, environment
- Leadership of others and self
- Environmental awareness, sense of community, service
- Opportunity for personal growth beyond Queenslea Drive



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## Outdoor Education at CCGS

### The Four C's

- Care (self, others, environment)
- Co-operation
- Compromise
- Communication

Journaling and Reflection

Personal challenge, by choice







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## Four Day Program

We aim for your son to;

- Build new and existing friendships
- Be challenged and learn how to take healthy risks
- Experience leadership and responsibility
- Improve community living skills
- Develop an appreciation for the natural environment





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## Activities

- 2 day expedition – bushwalk to campsite and canoe back to Koorungal
- Koorungal – Abseil / Rock climbing, , Indigenous session , Raft Building, Orienteering, Initiative Games



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# Abseil & Rock Climbing

Personal challenge, teamwork, trust







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# Indigenous session







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# Raft Building



# Orienteering





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# Two Day Expedition

One night, two days

- Challenge
- Leadership
- Resilience
- Organisation
- Responsibility







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# Bushwalking

## Teamwork, co-operation, communication





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# Canoeing

## Challenge, fun, skill progression







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# Cooking their own meals





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# Sleeping in Hoochies





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## Equipment List

- Please read it thoroughly
- Hot, cold, wet and windy
- Sleeping bag, sleeping mat, raincoat and thermals
- Beg, borrow and Uniform Shop
- We supply everything else your Son will need E.G. Expedition Backpack





# Questions?



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