

Year 7 Outdoor Education 2020



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Grammar School

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 Koorinal**
- **Koorinal – 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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