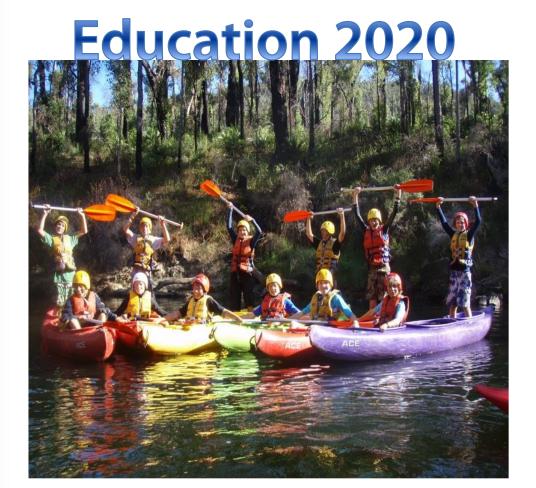




Christ Church Grammar School

Year 7 Outdoor



Kooringal



The Philosophy of Kooringal

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



Outcomes from Kooringal

- 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



Outdoor Education at CCGS

The Four C's

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

Journaling and Reflection Personal challenge, by choice





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





Activities

 2 day expedition – bushwalk to campsite and canoe back to Kooringal

 Kooringal – Abseil / Rock climbing, , Indigenous session , Raft Building, Orienteering, Initiative Games



Abseil & Rock Climbing Personal challenge, teamwork, trust







Indigenous session







Raft Building



Orienteering





Two Day Expedition

One night, two days

- Challenge
- Leadership
- Resilience
- Organisation
- Responsibility





Bushwalking Teamwork, co-operation, communication





Canoeing Challenge, fun, skill progression





Cooking their own meals





Sleeping in Hoochies





Equipment List

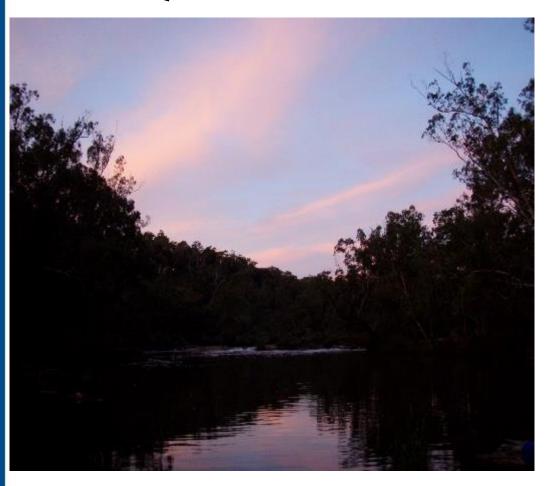
- Please read it thoroughly
- Hot, cold, wet and windy
- Sleeping bag, sleeping mat, raincoat and thermals
- Beg, borrow and Uniform Shop
- We supply everything else your Son will need E.G. Expedtion Backpack





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Questions?



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