



Please list your first, second and third (1, 2, 3) preference below

Surname \_\_\_\_\_ First name \_\_\_\_\_  
(please PRINT clearly) (please PRINT clearly)

House \_\_\_\_\_ Tutor initials ) \_\_\_\_\_

**ALL** activities have a ceiling on numbers, which means it is possible you **may not** receive your first preference. Allocations are made on a **'first in'** basis. Make selections based on this information and read **ALL** associated documentation carefully **as once allocated there is very little chance of changing.**

Army Cadets \_\_\_\_\_

Surf Lifesaving Cadets \_\_\_\_\_

Environment and Community Cadets \_\_\_\_\_

**Duke of Edinburgh's Award**

Please read the information provided in the associated Year 10 Activities documentation carefully and see Mr Sagers as indicated in the notes if you are interested in completing the Bronze Award.

Please note that **ALL** Year 10 Activities include a Friday afternoon commitment and in some cases specific **compulsory camping components**.  
**ALL** boys will be expected to actively participate in all aspects of the program they are selected for.

Student signature \_\_\_\_\_

Parent signature \_\_\_\_\_

Date \_\_\_\_\_

**RETURN CHOICE FORM IN THE BOX MARKED "YEAR 10 CHOICES" IN STUDENT SERVICES AREA (CLC BLDG) BY FRIDAY 22 SEPTEMBER**



*The program overseen by Mr Neil Saggars, Director of Activities, provides the opportunity for Year 10 students to have leadership opportunities, develop outdoor skills, experience personal challenge and contribute in a variety of ways to serving the community. **ALL** activities go beyond Friday afternoon (approx. 1.20pm to 3.30pm) and, in some cases, **will** involve camping experiences during the year depending on the specific activity. Other day or overnight trips/activities **may** form part of the experiences in these three activities. A real attempt has been made to develop the expectations of the Life Saving Cadets and Environment and Community Cadet components of the Cadet program to complement the well-established Army Cadet program.*

### Outdoor education

All Year 10 boys will take part in the Venture, an 11-day Outdoor Education program, later in the year, organised and supervised by Christ Church staff. The boys will play an important part in the planning process under the direction of the Director of Koorngal. The Venture is intended to offer both substantial challenge and real enjoyment in an outdoor setting. Further details will be made available throughout the year.

### Activities

In addition, each boy will be required to select one of the following activities, meeting weekly on Friday afternoons and at other times as shown in the on-line School Diary (activity dependent).

**NB.** In cases where one activity becomes full or where forms are not returned on time, the Director of Activities will use his discretion to allocate boys to an activity.

Boys are advised to consider their selection carefully as they will be expected to remain committed to the same activity throughout the year.

Activities are allocated on a three choice preference system.  
**Boys must be prepared to accept their second preference.**

We suggest that boys discuss the options with parents or Mr Neil Saggars so that they make choices that will most benefit them.

## - Details of activities -

Please turn over and read about each activity carefully before making your selection.

## **1. Army Cadets**

*Serving as a member of the Christ Church Grammar School Cadet Unit has many long-lasting benefits. You will develop a life-long association with your fellow cadets. Many past students regard their service as a cadet as the most memorable part of their school life.*

You will also develop valuable skills that will assist in serving your school and the wider community. In the Cadets you will learn leadership and how to handle responsibility. You will be part of a very successful team, having been awarded the title of the Best Cadet Unit in Western Australia for seven out of the last 12 years.

You will learn how to live with others in a variety of situations and often under challenging conditions.

### **Training**

Training is designed to develop individual and team skills in the following areas.

- Communications
- Field craft
- First Aid
- Infantry minor tactics
- Links the School and the wider community by fostering community involvement through volunteering
- Living in the field
- Military skills
- Navigation
- Parade ground drills
- Range practices
- Use of military rations
- Weapon handling

### *Weekends*

**These compulsory activities**, conducted in Terms 1, 2 and 3, are located at military training areas and are designed to prepare and practice cadets in all aspects of field craft, daily routine and infantry minor tactics.

### *Annual camp*

**The annual camp is compulsory**. It is normally conducted during the first week of the September/October holidays at the Bindoon Army Camp. Through annual camp activities all WA Cadet Units have the opportunity to compete for various trophies and awards.

### **Additional weekends**

These are available for senior and selected cadets to participate in Army Reserve exercises. Separate instructions are issued for these activities.

### **Uniforms and equipment**

These are supplied free of charge and are to be returned when ceasing service with the Cadet Unit. Cadets do have to purchase a cap badge and unit t-shirt which are retained by the cadet.

### **Promotion**

Excellent opportunities for promotion exist. It is possible for a first year cadet to reach the rank of Corporal, ie as a Section Commander in charge of 8 -10 cadets. Promotion courses are offered for promotion to the rank of Senior NCO and CUO. These are normally held in July and January respectively each year. Our unit conducts a Junior NCO course in December of each year at school. Year 10 students following a leadership pathway in this activity will be eligible for a service-based award in their third year of service (Year 12) as for the other CCGS cadet units.

### **Adventure training award**

An Adventure Training Award Camp is held each year for selected senior cadets. This is the highest award that a cadet can achieve other than senior rank. A separate instruction is issued for this camp.

## 2. Surf Lifesaving Cadets

Participation in this program is dependent on boys being competent swimmers, with a keen interest in the beach and surf environment. Boys must complete a 400m trial swim in nine minutes or less in the CCGS pool during Term 4 of Year 9. Continued involvement in this program requires a positive attitude toward staff, instructors and other boys and also exemplary behaviour.

### Aims

- Develop enhanced physical fitness applicable to beach and surf-related activities
- Introduce students to the Australian surf lifesaving movement and its core values
- Completion of the Bronze Medallion (including: beach safety, resuscitation, radio operation, spinal management, signals, patrol group operation, first aid and rescue techniques).
- Give boys an opportunity to progress to higher surf lifesaving qualifications and thus to full active membership of a local surf lifesaving club

### Uniforms and equipment

Boys will wear CCGS PE uniform both to and from North Cottesloe ie yellow PE top and blue PE shorts. In cold conditions boys can wear the CCGS tracksuit. Thongs are permitted in place of shoes, but footwear must be worn. It is highly recommended that at the beach boys will wear bathers or board shorts and a rashie during Term 1. In Terms 2 and 3 boys **wear a full steamer wetsuit** before entering the water.

Boys are encouraged to wear a hat and apply sunscreen throughout the entire year.

### The program

The program is run on a weekly basis from North Cottesloe Surf Life Saving Club, Marine Parade. It is an expectation that boys will travel to and from the activity on the school bus. Variations to this arrangement will only be permitted if boys present a signed letter from parents.

### Additional weekend activity

North Cottesloe S.L.S.C. will seek to provide opportunities for club related involvement for boys at various times during the year on weekends. All cadet members are expected to attend the **compulsory assessment** weekend for the Bronze Medallion during Term 3. Dates to be advised in the year planner during Term 1.

### Promotion

Opportunities for leadership exist through the Surf Lifesaving cadet program. We would expect boys seeking continued involvement to commit to successful completion of the Bronze Award through involvement with North Cottesloe Surf Life Saving Club.

It is possible for a first year cadet to be identified as a potential leader and be asked to accept a leadership role in the subsequent year/s. The experiences gained in skill acquisition activities and the volunteer service based activities will provide valuable skills for new cadets. It is hoped that these developing skills can be used to build skills and understanding in future groups of new cadets. Year 10 students pursuing a leadership pathway in this activity will be eligible for a service-based award in their third year of service (Year 12) as is the case for other cadet units.

## 3. Environment and Community Cadets

The students enrolled in this activity will be involved in a community and environment based activity off the Christ Church Grammar School campus each Friday afternoon between 1.20pm and 3.30pm.

Boys will participate in a range of community projects such as helping out at local hospitals, old-age homes, charity groups, playgroups and pre-primary centres. Attending students may also take part in environment projects such as recycling, cleaning up the river foreshore, removal of graffiti and reclaiming bushland, domestic gardening and re-vegetating local green spaces. A range of diverse community focused activities is being organised for students to commit to over the period of this activity. Students' placement in activities will be based on availability.

**Additional activities**

Other activities during the year will be based around community and environmental service activities. These may include "Men of Trees" activities, "Clean Up Australia Day" and other service opportunities. These weekend activities may be student initiated in some cases as long as they meet service and volunteering criteria.

**Uniforms and equipment**

All students will be supplied with their own ENCOMM polo shirt. The top is worn with school PE shorts and sand shoes for environmental activities and for those visiting other organisations.

**Promotion**

Opportunities for leadership exist through the evolving of this activity in the future. It will be possible for a first year cadet to be identified as a potential leader and be asked to accept a leadership role in the subsequent year. The experiences gained in the community and environmental based activities will provide valuable insights for new cadets and enable rapport and goodwill to be developed in these activities with the respective agencies and personnel involved. Year 10 students following a leadership pathway in this activity will be eligible for a service-based award in their third year of service (Year 12) as for other cadet units.

**The Duke of Edinburgh's International Award****Introduction**

This highly regarded program is supported in over 140 countries around the world with more than seven million young people involved. Christ Church Grammar School is a licenced operator of the Award, enabling our young people to take full advantage of the diverse co-curricular, sporting and cultural opportunities offered by the School. The Award is designed to be an individual challenge based on the unique interests of each participant in the areas of physical recreation, skill, volunteering and adventurous journey.

**What is the advantage?**

The Award means different things to each young person but the main advantage for boys at our school is the recognition and regard in which the Award is held by business and educational institutions both in Australia and internationally. Having a Duke of Edinburgh's International award is a definite advantage when seeking employment or applying for a scholarship.

**What is required?**

The Award requires the participant to make a regular commitment to each of the non-journey sections by undertaking new challenges or showing improvement in current activities. Most of the boys at Christ Church Grammar School meet the requirements of the Award by going about their daily lives as they are already heavily involved in physical recreation, skills and volunteering.

**How do I register?**

An 'Information Pack' is available from Mr Saggars at the school.