

Year 10 Camp Preparation

1st March 2019

The anticipation is growing as our year 10 cohort prepares for camp. All year 10s participate in a 4-day hike at Wilsons Promontory. The camp, although challenging is always one of the highlights of the year, empowering students to learn about themselves, bond as a cohort and overcome obstacles to achieve great things.

Students have been preparing for camp in varied ways, including working towards acquiring their first aid certificates, engaging in over 40km of practice hikes and developing camping skills such as map reading, outdoor cooking and tent assembly.

Yesterday, students completed the Mount Lofty circuit at the back of Chirnside Park. For lunch, we stopped by the Yarra River and students had the chance to cook their lunch on Trangias and make riverside Milo. We have conducted swimming assessments where students demonstrated sufficient skill, allowing them to enjoy select waterways during excursions. Yesterday in the scorching 35 degrees, many students enjoyed the cool of the rapids of the Yarra River, a quick refresher before conquering Mt Lofty in Warrandyte State Park.

Camp is not designed to be easy, yet it can be transformative and inspiring! Three hiking groups will tackle three different treks, each covering different portions of coastline. Students will need to rely on their peers to travel and camp safely, developing fundamental life skills. Students will self-cater and camp in pairs, with each group supported by trained staff. The skills gained on camp are building blocks, setting students up for a great year ahead.

In the final week before camp, students will finalise their meal prep and camp materials. One final 'dress rehearsal' hike will occur where 'real life' first aid simulations will occur trackside, incorporating the final component of the First Aid Course. Year 10s will also have a change of scenery, joining a heavyweight-boxing champion for a training session, a great final punch to help get everyone's cardio skills ready for the hikes ahead.

