

## **NOOSA MINI ADVENTURE: Years 5,6,&7**

**DATES: Wednesday 12 October to Friday 14 October**

**Description:** This program builds on the Health and Physical Education Curricular where students undertake an investigation into the health benefits through physical activities, health relationship and involvement in lifelong physical activities. We explore various adventurous activities and engage in sports that participants can engage in whilst being active, adventurous and safe. We spend time learning to surf, snorkelling along the rock wall and other water-based activities in the river. We hike in the national park to check out the various surf breaks and features of the park.

### **Program Aims:**

- Support student understanding in relation to health, safety, wellbeing and movement competencies in undertaking adventurous activities
- Develop competencies around learn to surf, reading the conditions of the water and developing safe swimming skills in the surf environment
- Promote the mental health benefits of lifelong physical recreation and movements

**Dates: Wednesday 12 October to Friday 14 October 2022**

### **Pick up/Drop Off Locations:**

Due to students living in different geographic locations, we provide multiple drop off and pick up locations.

	<b>Drop off/Pick up Venue</b>	<b>Drop off time on Wednesday 12/10/22</b>	<b>Approx Pick up time on Friday 14/10/22</b>
<b>Option 1:</b>	Faith Office 12 Graham Street, Underwood	8.00am (Depart 8.30am)	3.00pm
<b>Option 2:</b>	Noosa Sea Scouts 11 Eumundi Rd, Noosaville	11.00am	12.30pm

### **Sites we will be visiting:**

- Noosa Sea Scout Campground (11 Eumundi Rd Noosaville Qld)
- Noosa Main Beach and Noosa River inside the canal estates near the woods section
- Noosa National Park - Various locations within the park

**FAITH SCHOOL WILL PROVIDE THE FOLLOWING ITEMS**

- Bus transport to and from the various locations
- Qualified water-based activity instructors and equipment (surf boards, snorkelling equipment, kayaks)
- Foam exped sleeping mat
- Tents to share
- Metho stove or trangia, BBQ and cooking utensils
- Wash up equipment
- BBQ and all food items
- Pastoral care and support for each student

**WHAT STUDENT HAS TO BRING ON SCHOOL CAMP**

All School Camp Programs will have the students engage in various adventure-based learning activities where they will be outside and could get dirty. We recommend that they don't come away on camp programs in new or expensive clothing, old comfortable clothes are preferable. If you don't have any items on the list, borrowing from friends or neighbours could be the first option rather than purchasing new stuff.

**Student clothing and personal equipment list**

- Sun hat
- Sneakers x2
- Water bottle 2L
- Raincoat
- Warm jumper
- Long pants
- Shorts x3
- Shirts x3
- Swimmers
- Towel
- Underwear x3
- Socks x3

**Students Sleeping Gear**

- Sleeping bag
- Single fitted sheet
- Pillow and Pillow slip

**Toiletries**

- Soap
- Toothbrush and toothpaste
- Sunscreen
- Insect repellent (roll on)
- Deodorant (roll on)

**Personal Equipment**

- Torch
- Medical requirements
- Thongs/sandals
- Enclosed shoes
- Sunglasses
- Pen, paper and Bible

**Meal Preparation**

- Plate
- Bowl
- Cup
- Knife & Fork
- Drawstring bag for eating utensils

**What not to bring:** Phones, electronic devices, sharp knives or illegal items

Please do not hesitate to contact the School if you have any questions

Daniel Rush

**Outdoor Education and Duke of Edinburgh Coordinator**

21.9.22

## ITINERARY

### **Day 1: Wednesday 12 October 2022**

- 8.30am Meet at Faith Administration Building 2/8 Graham St Underwood
- 8.30am Depart Faith for Noosa Sea Scouts
- 11am Arrive at Noosa Sea Scouts, Welcome everyone, Acknowledgement of Country
- 11.15am Set-up tents, organise kitchen area, move personal gear into tents
- 12noon Prayer and lunch
- 1.00pm Briefing session on water safety, checking gear and getting organised
- 1.30pm Depart for Noosa Main Beach (beach exit 12)
- 2.00pm Water safety program
- 4.30pm Depart beach for camp
- 5.00pm Hot showers and free time back at the campsite
- 5.45pm Group gathering, reflections, devotions, prayers before dinner
- 6.00pm Dinner
- 7.00pm Night time Game: Spotlight
- 8.00pm Christian stories around the campfire
- 9.00pm Bedtime and lights out (this camp site is surrounded by local houses and noise needs to be kept to a minimum after this time)

### **Day 2: Thursday 13 October 2022**

- 7.30am Morning briefing session
- 7.45am Morning prayer and breakfast
- 8.30am Prepare surfing and snorkelling gear for the morning session
- 9.00am Learn to Surf Session at Noosa Beach (beach exit 12)
- 11.00am Morning tea and break from the water
- 12 noon Lunch, break from the water

1.00pm	Slacklining in the park, balance exercise
2.00pm	Snorkelling (High tide 1.74m at 10.04am)
4.30pm	Depart the beach for our campsite
5.00pm	Showers, afternoon chats and reflections on the day
5.45pm	Group gathering, reflections, devotions and prayers before dinner
6.00pm	Dinner
7.00pm	Night time activity around the campfire
8.30pm	Brush teeth, prepare for bed,
9.00pm	Bedtime, lights out, no noise

**Day 3: Friday 14 October 2022**

7.30am	Morning briefing session, prayers and breakfast
8.30am	Depart for Noosa Main Beach
8.45am	Walk to Tea Tree Cove and rock hop back to Noosa Main Beach
10.00am	Swim at Noosa Main Beach
10.45am	Head back to Noosa Sea Scouts
11.00am	Pack up campsite
12.00noon	Prayer, lunch and final message
12.30pm	Depart Noosa Sea Scouts
3.00pm	Approximate arrival time at Faith CSDE (12 Graham Street, Underwood)