

Colo Bulletin

7 Colo 1

February 26, 17



Walk to Colo

The experience when we walked to Colo was great!

I never knew how many beautiful plants there were going to be on this walk. It was a quiet walk and I really enjoyed the scenery. I chatted with my friends as well on the way. It was an amazing view when we got to the top. We were so high up! I liked how this walk not only had beautiful plants and views, but it gave us a lot of exercise as well. So far Colo has been great and this was a good start.

By Otto Chaplin

Top Right: Getting ready for the walk in to Colo

Top Left: Walking through the Wollemi National Park

Middle Left: Crossing the stunning Colo River

Left: Having a nice lunch under the Gums



Harry Abbott and Mathew Gibbons practicing the action position



Oliver Duffy cornering like a pro



Matthew Gibbons practicing his riding position on the skills park

Mountain Biking

Having fun and learning at Colo

Group A headed to the Mountain Bike trails in the morning and I can say confidently that everyone had a great time. We had to use good judgement in many situations as a team so we could work out our spacing, gearing and teamwork.

If I was to choose my favourite track it would have to be 'O Deere'. It was my favourite because of the terrain being different than the other tracks we have done before, it gave us a new challenge. From that experience, I think that everyone improved their riding and we all got

better than before we started riding today. To sum it up, I would give a 10/10 on this great experience. Thanks to Mr Candy and Oliver Duffy for creating a much more enjoyable activity than it already was.

By Shehan Perera.

For me, Mountain Biking was the best activity. I found that I learnt a lot in just a tiny amount of time. It was fun going down steep hills and swerving around corners. Lots of the

boys were helping each other when they fell or got hurt. It was extremely fun learning how to go very fast on hills and getting some mad air on the ramps and seesaws.

My favourite thing about the activity was zooming around bends at full speed. This was the best activity for me because there was a lot of action, and going down obstacles with your friends giving you support. I give this 5 stars out of 5.

By James Walker

Orienteering

After we were shown how to do the orienteering we sprinted off into the bush. We worked together with another team so we went much faster. Once we finished we were so tired we couldn't run anymore. We tied first with Harry Abbott and Toby Maroulis because we worked together. Our favorite part was jumping the fences and falling over. We finished with a time of 44 minutes. It was a very

fun experience and we are looking forward to doing it again in the future.

By Harry Darling and Maxim Moloney



Andrew Tanzer, Dominic Fox and Otto Chapman clipping a marker



Finn Graham challenging himself on the 'Fidget Ladder'



Maxim Moloney on the Boulder Wall



Jack Barret up high on the 'Burma Bridge'

High Ropes Course

I loved the high ropes course, it was so much fun but also a bit challenging. I found myself stepping outside of my Comfort Zone. At the High Ropes Course, I learnt that it is good to take that step outside of your comfort zone. It seems that your friends will always be there cheering you on.

I found James Walker and all of the boys very encouraging. I think Harry Darling was one of the boys who pushed himself the most. Some of the boys surprised me with what they could do and all of them did well going high off the ground.

From Finn Graham

A poem from the Scavenger Hunt:
"Colo is a place that's very nice
The thrilling sights do suffice
And I think I can say for everyone
That this experience was great fun!
Sadly now I have to go
Because to win the hunt we must not be slow!"

Below: Jack Barret, Max Jorgenson, Sebastian Proctor and Sam McMahon in front of their fire

Cooking at Colo

Cooking at Colo was great fun, we started out by collecting all the fire wood, tinder and kindling. We had to try and only use three matches to light the fire. It cost us 15 pushups for extra matches if we needed them. Then we broke out the burgers and put them over the coals. Cooking them was hard and hot, but it was well worth the wait.

In our group we had a mini MasterChef competition and Darcy Rogers won. Afterwards we cleaned

up our cooking areas and headed up to the dining hall and had some ice cream and chocolate cake. After dessert we then cleaned up and had free time.

Cooking at Colo was great fun and we think everyone should have a crack.

By Toby Maroulis and Jonathan Cusack

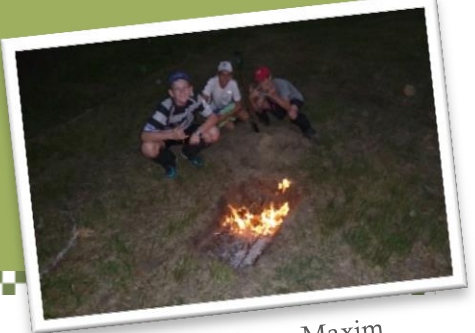




Swimming in the Colo River during the Hike



Otto Chaplan leading the group out on the Overnight Hike



Matthew Gibbons, Maxim Moloney, Rafferty Alison at their campsite

Overnight Hike and Campout

On Wednesday we went on a hike to the river to have a swim. The river was amazing, it was so clear and warm. We dug holes to make the river deeper because it was only ankle deep. Our bags were really heavy because we were going on an overnight campout. We got to the campsite and all systems were go.

We had to collect water and fire wood we also had to dig the fire pit out and put up the tents. We had a roaring fire and got our dinner on the go. Dinner was spaghetti which was great. After we had spaghetti we made our two minute noodles. After that we ended up having a great time chatting around the fire.

My sleep wasn't the best because I didn't have a good camp pillow. Breakfast was very little for our group a piece of bacon each and toast, but it was good. I then managed to do the two and a half kilometer hike home.

By Jack Fogarty

The best part of the overnight campout was when we got to camp. We had to be fully independent for the first time in our lives. To make dinner we needed to collect water, fire wood, set up tents, dig the fire pits and light the fire. When we started the fire we had to be in our group of five to make dinner which was spaghetti. Some of the other people in my group had noodles but I didn't.

At 8pm we had finished dinner and washed up so we could just sit around the fire talking. That's the one thing that I missed the most as a boarder,

sitting around the coals of the fire just talking.

In the morning we made bacon and toast for breakfast. Just like last night we had to do our own washing up. We then packed up and left the camp. Before we left we buried the fire.

By Toby Maroulis



Having a morning discussion about the campout

What the Students of 7 Colo 1 said about their experiences at camp

At the end of each camp the students reflect on their experiences at camp in a brief written review. Here are some of their comments:



Above Left: Sebastian Proctor in the Colo River

Bottom Left: Harry Darling squeezing through some rocks on the Hike

'I found the Social Challenges made me feel better when I helped others. Like when a friend fell off his bike and I made sure he was ok. My Individual Challenge goal is to push into my 'Stretch Zone' as much as possible.'

'I am proud that Colo helped me to become more helpful and that I used those skills with my friends and group.'

'I found the Social Challenge the hardest because cooperating with all the other camp mates was hard without fighting.'

'I am proud because I made a lot of new friends.'

'I think I was mature in what I did and I pushed myself for personal goals outside my comfort zone'

'I am proud of how well my groups fires went and also my increase in skill as a mountain biker.'

'Something I did well here is persevere and I would like to take

that perseverance with me.'

'Camp Colo was amazing. It unlocked many different skills that I personally didn't know about until the teachers guided me. It was challenging at times but the teachers taught us to stay strong and respectful.'

'The activity that I enjoyed the most was the overnight campout as it challenged us as a team to work together and have fun.'

'I think I did well at all the challenges, but through the week I found myself thinking over my actions and helping out, making friends and setting personal goals. I found maturity hard.'

'I would like to be grateful at home and help out more.'

'The bike riding was the best activity I did.'

'The thing I enjoyed the most was finishing the Orienteering with my new friend Shehan.'

'I will definitely be cleaning up more at home.'

'I enjoyed the High Ropes the most as I loved the 'Flying Fox' and the 'Burma Bridge'.'

'I thought that I cooked well and that will be useful at home when I cook my own meals.'

'The activity that I found the hardest was the High Ropes as I had to conquer my fear of heights.'



Oliver Duffy (Y11) and Max Jorgensen (Y7) swimming in the Colo River