

Colo Bulletin

9 Colo 7

25/10/18



High Ropes Course

Today we tackled the high ropes course. I really enjoyed it and was surprised with myself as I pushed myself out of my comfort zone. We all split up into three different groups of six. In my group, we all had a great time and were encouraging each other to try help others reach their goals. Henry Den was particularly good at belaying ensuring the safety of others on the course. Zachary Sone tackled the course well especially nailing the 'Leap of Faith'. I saw that Matheu McCullough pushed himself out of his comfort zone and achieved parts of the course that he wasn't quite sure about at the start which was great to see. Overall I learnt many things today such as the safety of me and others and also how to stretch myself out of my comfort zone.

Thomas MacLaren

"The highlight of the camp was being with my classmates and working together"



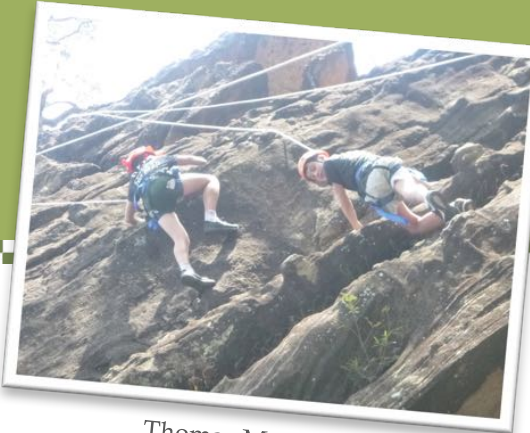
Top Right: Corey Brown and Samuel Hannan

Top Left: Alexander Chard and Leonidas Kyriakou building a crate tower.

Bottom Left: Thomas MacLaren and Jackson Leworthy



Thomas MacLaren about to climb



Thomas MacLaren



Henry Den belaying

Rock Climbing

On Wednesday, my group went up to the rock climbs. There was two different climbing sites. The lower was about 8 meters tall while the larger climbs were 25 meters tall. I started at the smaller climbs as I have always been scared of heights.

My belay partner Zachary Sone and I climbed all the smaller climbs where we were just getting out of our comfort zone. I learned that I was safe at all times even when I was descending and standing off the rock I was completely secure. I surprised myself as I did not believe

that I could climb 'Sub Tuum' as it was 25 meters above the ground but after 20 minutes of climbing and never looking down I found myself at the top.

Matheu McCullough surprised me as he was scared of heights and struggled to get several meters of the ground. He still attempted every climb including 'Stairway to Heaven' - one of the hardest climbs.

All of our group was very supportive of each other especially when they were high up in the climb. Everyone was pushing their comfort zone as we all attempted and climbed the 25 meter climbs. Everyone tried their best and achieved success at the large climbs and small climbs and everyone gave it a go.

By Jackson Leworthy

'The rock climbing was challenging, but I proved to myself that I can do this by making meters and pushing to the best of my abilities'

Cooking On Fires

Cooking on fires was one of the highlights of my time at Colo since Year 7. The benefits of cooking on a fire is to have the 3 challenges, the Social Challenge, the Individual Challenge, and the Maturity Challenge. The best night cooking on the fire was when we cooked the burgers.

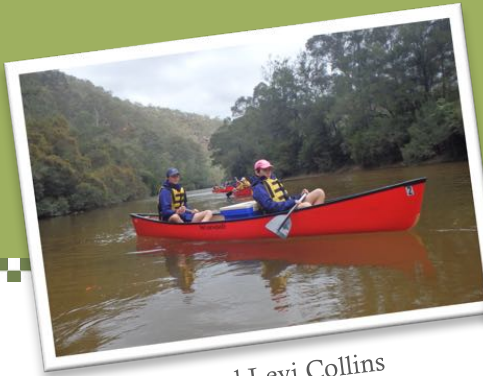
I was in a good group who made yummy smokey hamburgers and boys wanted seconds and thirds.

After the fire started to cool down boys would quickly put toast and cheese in a grill to cook on the fire if they were still hungry. I have enjoyed the cooking on fires and loved every minute of it.

By Matheu McCullough



Cooking dinner at Colo



Jake Smith and Levi Collins



Samuel Hannan and Ryan Paterson



Enjoying a float down the river

Canoeing

Canoeing was an interesting experience and unlike you might think for a challenge camp, was very calming and quiet satisfying. Canoeing was not as tough as expected especially as we paddled down stream and the current was with us.

During canoeing we didn't see anything too special but the things we

noticed like the river getting wider and deeper were pretty cool and the Colo staff pointed out some cool looking birds and some river anomalies.

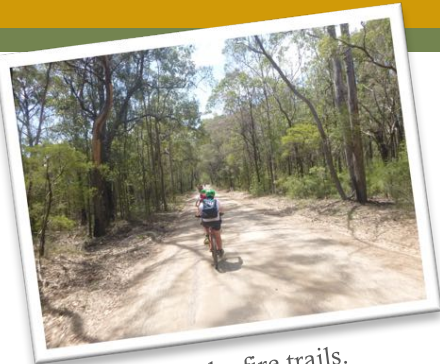
I learnt that during life there is going to be some moments where it's just chaos and it's good to just take a breath and slow down for a bit. Today was quite special as since it rained recently it meant we were able to take a different

route that allowed us to see the area in a different way to everyone else.

I think that I will remember the conversations and the lessons that I have taken to heart. The entire group surprised me as for the most part we are a rowdy bunch and the serenity that was present out on the water was magnificent.

By William McEvoy

Mountain Biking



Cruising the fire trails.



Thomas Scarf



Leonidas Kyriakou

During the mountain biking session on Wednesday, cabin 5 had a vote between staying on the property and completing as many mega laps as possible in one hour, or venturing off the property and riding a fire trail. We opted to stay on the property. We could either complete this challenge in pairs, groups or solo. Most chose to go in a pair but Jackson Leworthy and I rode the race solo. Despite Jackson

having an injury due to hitting a rock on his second lap he got back on the bike and continued on to complete seven laps in the hour.

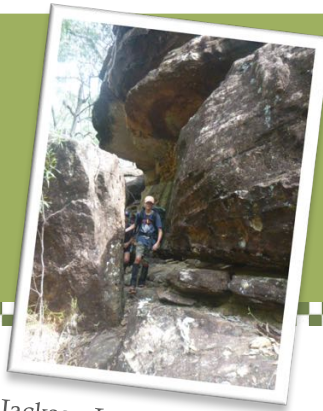
Among the variety of tracks, 'Pinch Flats' has got to be my favourite by far consisting of a ramp, drop off and a windy trail continuing onto the next track.

Throughout the hour, I showed good judgment by getting the feel of the course before I got a bit faster. Also, Jacob Kanaan showed good judgment when in the warm up lap he struggled to keep up with the group, despite his efforts, he opted to support the rest of us on foot.

By Henry Den



Thomas Scarf getting shoes on



Jackson Leworthy passing some big caves



Corey Brown, Henry Den, Angus McGlade and Jacob Kanaan

Overnight Expedition and Campout

The overnight expedition and campout was the main highlight of the exciting yet learning experience at Colo. We started packing the night before when we were assigned our camping groups. Everyone was not with their usual group of friends but never the less that did not stop anyone from trying to pack as much food as possible. As we started to pack our sleeping bag and sleeping mat our rucksacks seemed to become smaller and smaller and smaller as we started to run out of room. The next morning, we headed off on our 10-

kilometre hike that was led by each student in one of the 10 sections. Because of this, everyone got to experience what it's like being an active follower and an active leader, a skill we were striving to learn the whole week. On this hike we were not just following a map, we had to orientate the map and locate hidden stamps that were hidden in trees and bushes across the whole hike. Finding these stamps and not getting lost seemed hard at first but once we started to switch on and work as a

team the hidden stamps started to get easier and easier and the campsite got closer and closer. Once we arrived at the campsite after our adventure in the bush, a break was well deserved. Instead we started to pitch our tents and collect our fire wood, worried if we could not sleep or eat that night. That night my group had a 5 star 3 course meal starting with an entre of 2 minute noodles, a main course of carbonara pasta and a desert of nuts.

By Leonidas Kyriakou

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:

'I can use 'Above the Line' choices in my everyday life such as when I don't know something it is ok to ask and you can use that knowledge to build your understanding'

'If I did something wrong I was able to say "Sir, I did it" without making an excuse. I feel proud of that'

'The highlight of the camp for me was being with my mates and supporting each other in everything we did in all the activities'

'An 'Above the Line' choice I made this week which I am proud of was encouraging others to keep going. It wasn't hard as I had others doing the same for me'

'After trouble finding the first marker our group came together and communicated better with each other'

'I am proud of the way I supported others that weren't as mature. When cleaning up after dinner I noticed a peer who was

doing it tough and I cheered him up with jokes'

'Our group was like a well-oiled machine, we efficiently hiked and got there in almost record time'

'Best Colo so far. More freedom and responsibility to look after our mates'

'Our group was very productive. We improved it by interacting as one'

'Our last night was the highlight. I could sit back, relax and reflect'