

Colo Bulletin

7 Colo C

7/4/2019



Overnight Campout

On Monday, 7 Colo C arrived at the camp. It was a really hot day and we just got off the bus. We met the staff and learnt the rules of the camp and how everything goes then we went into the hall and discussed what we were going to do over the next few days. The first thing we were going to do was a overnight campout in the bush I was really excited to go on the campout because it was going to be my first time camping.

Before we left we had to get all the food and supplies for our stay. We then went on a big hike through the bush. Halfway through the walk we stopped at the Colo river and had a swim. The Colo river is the only river that flows across the Great Dividing Range from one side to the other. The river was clear and beautiful and cooled all of us down. We continued walking until we got to the camp ground. We then set up our tents and collected as much wood as possible before dark as we needed enough wood to make dinner and breakfast for the next morning. Eventually we got all our wood and set the tents up then we made dinner after that we went to bed and I looked at the stars that lit up the sky

By Billy Blair



Top Right: 7 Colo C enjoying a rest as they consult the map.

Top Left: Blue group enjoying their burgers at their campsite.

Bottom Left: Thomas Hannon and Samuel Willis having a good walk.



Lucas Arnautovic carving up the singletrack.



Ignatious Houston riding to the "Skills Park".

Mountain Biking

On Tuesday the 5th of march the year 7 Colo group went mountain biking throughout the Colo property. We were prepped before the activity by learning the skills of "Action Position", managing safety and risk and judgement by knowing your abilities.

This activity provided many skills that we can use to become great men. Many adventures were had but we had to minimize our risks. We participated in many runs such as "O Deere", "Gully Run", "Bunny Run", "S Bends" and "Little Mount Stromlo".

In the skills park many people found it helpful to try and be more familiar with mountain biking. As we got to the skills park we started to get a few rain showers. Then it started to really bucket down and the course became more slippery.

Every one confronted their fears trying new things and pushing their comfort zone.

By Samuel Willis, Hamish Smith, Charles Larkin and Ignatius Houston

I enjoyed mountain biking in the rain the most out of all the activities because it is not every day you bike in the rain on an awesome course"

Orienteering

Orienteering is a challenging activity but has a whole level of fun and enjoyment. It was a challenging yet fun activity because you had to cooperate with your partner. When your team was working well together it was easy.

Orienteering is where you go out into the property in pairs using a map and find markers to punch into your card. The aim is to get all the markers in the quickest time possible.

Mr Walker kept on saying that we all should be showing integrity. This is very important for life and everyday activities.

My partner was Hamish Smith. He and I worked very well and cooperated together like a team. We both ended up collecting all fourteen markers with

a time of 38 minutes. Hamish and I also won and got two mars bars.

By Wallace Mackay and Hamish Smith



Thomas Hannon and Samuel Willis punching their orienteering card at a marker.



Tom Hannon climbing the caving ladder up to "postman's walk".



Mr Bryant explaining how the high ropes activities work.



Zack Papalia completing the "Burma Bridge".

High Ropes Course

The ropes course was really fun and a really good way to stretch your comfort zone and was filled with awesome activities everywhere.

We learnt that a good bit of encouragement can help someone get through any obstacle. Personally, the height and fear of falling were my obstacles.

One thing that I thought was funny was that when I went down the flying fox I clung onto the rope so hard that my arms were the things that carried me and not the attachments to my harness.

Another awesome thing was the low ropes course. They were small challenges that used our balance skills and other skills to complete. My two favorites were the rock climbing boulder wall and the swing log. These two low ropes activities had the same goal: getting to the other end. I found that the key to solving these challenges was getting some momentum and getting in a good rhythm.

By Jamie Doust

"The ropes course pushed me outside of my comfort zone. Even though I didn't complete the whole course I still feel like I tried my hardest. My mates helped me."

Service Projects

We did service at Colo because it helps with making the place last longer and look better. I learnt that service helps communities grow and support each other. Some community services include schools, sport clubs and helping out at local venues.

Service projects at Colo are things to help the college community with fires or floods. Today I did the job of picking up sticks with my group, it was fun. Other service projects included moving the mulch through the high and low ropes course, hillside services and extracting weeds from the ground. I love the opportunity to come

to the SJC Colo campus because it helps us explore natural environments.

D'Arcy Vaughan



D,Arcey Vaughan and Wallace Mackay helping load the trailer.



Tom Petherbidge placing the stick in the famous Colo "stick it" competition.

Reflections from a Y 11 Leader.

Being present with the boys through all the physical and mental tasks performed during this week at "COLO" evoked a mixture of feelings and emotions from the other Year 11 Leaders and myself.

I witnessed some boys fly through activities such as the high ropes course and mountain biking with a big grin on their faces, whilst others struggled to even attempt the activities. It didn't matter whether or not they completed the task in the end, the looks on their faces gave it all away. Looks of awe,

wonder, happiness and an overall sense of achievement.

I was approached by multiple boys for a variety of different reasons throughout the week, and with a bit of a chat and some action we ended up with positive results.

I was also fortunate enough to teach one boy how to ride a bike, and with lots of repetition and some basic tips here and there he learnt very quickly. By the end of the day he and I were riding along some of the tracks that

would have seemed unrideable to him at the start of the session.

There were some hiccups along the camp in different places but with a bit of help from the staff, the other leaders and myself were able to persevere and find solutions to these issues.

Overall the camp was a great success and was filled with lots of fun and enjoyment as well as valuable life lessons learnt and experienced along the way.

By Cameron Horne

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:

"Cool to do activities,

Out under the stars,

Looking out for animals,

Out with my buddies" (poem)

"Our group went great. We set up tents, made a fire and the best burgers. We worked well together. I should've collected more sticks because we ran out of firewood and had to find some more."

"I think something that I can take home is to always push myself and to always tolerate people no matter who they are"

"Our group helped me get my home sickness over with by talking to me in my tent"

"I faced my fears and didn't get homesick. I learnt a lot more about people I never knew and I never gave up."

"I think I did well cooking and starting a fire. I'm more confident

riding a bike and to have better manners."

"I enjoyed the orienteering. Though I didn't win it was great to go around with my mates and explore the property."

"I thought that this week I was a lot more encouraging with other people, so maybe I could do the same with my brothers."

"I tried to make people have fun and not put them down. Put more effort into my group and congratulate boys with what they did."