

Colo Bulletin

7 Colo L

21/3/19



Orienteering

Hello, my name is James. To start off Colo in a fun way the camp coordinators made us orienteer with a partner, my partner was Eddie Scarf. The point of orienteering was to mark off all checkpoints on the map, each checkpoint had a stamp (punch) on it to mark our sheet.

The locations of the markers were hidden everywhere over the property. They varied from trees, gates, the cemetery fence, tied to a pole on the riverbed, on a bike track and even on the fences of the land.

My partner and I managed to complete the sheet in the set time and ended up coming 4th out of ten groups. Along the hike to the markers we were exposed to lots of amazing wildlife and plants.

All in all, I can say that orienteering was a great, fun, engaging and active way to start off our week at Colo. Even if you didn't get all the stamps we were still able to have lots of fun.

By James Stackpool

Top Right: James Stackpool, Archer Bruce and their team on the "skis" during the group challenge games.

Top Left: Leon Schouten, Callum McCall and team discovering Orienteering "Marker 8".

Bottom Left: Tom Burke- Y11 Leader, helping James Won and Henry Howard with their map reading skills.



James Stackpool riding confidently.



Maxwell Lapa in a great "Action Position" as he rides in the "Skills Park".



Alex Papalia showing good bike control on the mountain bike trails.

Mountain Biking

We started our day with Mountain biking. Mountain biking is and was an amazing experience. It is a very enjoyable thing to do as a group especially the trails.

My favourite trail would have to be the Gully trail because it was fast and tricky and who doesn't like to get some speed every once and a while.

There were a few things that I learned from this riding

experience. One was riding in the "Action Position". Doing this will help you turn and absorb more impact when doing cool and challenging tracks.

Everyone was a very good and amazing rider. There was one student who had the resilience to never give up and give in. I

was mostly impressed that even though he hadn't ridden a bike in several years he still gave it a go and did an awesome job.

I believe I used great judgement by listening and following instructions from our teacher; and everyone else did as well. -By Leon Schouten

"I enjoyed the mountain biking the most because it was really fun and exciting trying new tracks."

Group Games

Group Games was the second activity that we did after we arrived at Colo.

These games required a lot of skill, patience and teamwork as we competed against other teams.

Not getting irritated was one thing everyone had to work on. When someone kept on making the same mistake it was frustrating but we had to keep going.

The hardest game we did was the skiing on poles. This required six people balanced on two wooden

Right: Cooper Buchanan-Kojok quick on his feet playing "head butt tiggy".

poles and we had to ski across the grass to another half of our team.

This was the most aggravating activity as everyone kept making errors. My team lost by a mile but we kept going and kept trying to succeed.

We did group games to practice teamwork and resilience for when we went on the overnight camp.

The games were really helpful to get to know each other because in one game we asked each other

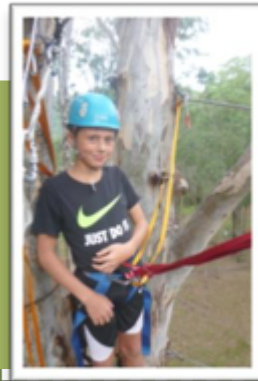


what we liked to see what we had in common.

Overall it was a really fun experience and helped improve our teamwork, resilience and we got to know each other more than we had. -By Hugo Dalton



James Stackpool and Callum McCall swapping ropes on the "Multi Vines"



Henry Howard ready to do the flying fox.



Lucas Sone showing off his balancing skills on the low ropes course.

High Ropes Course

The high ropes course was a series of challenges that were suspended many meters up in the air. You were connected by two carabiners that were connected to three students so your life was in their hands.

There were two ways that you could do the high ropes. You could take a sturdy ladder up to the top of a tree and then cross a one rope bridge called "The Burma Bridge" or you could climb up a cave ladder then cross a similar bridge called "The Postman's Walk", they both lead to the same platform.

Once at the platform one of the staff members would connect you

carabiners to a zip-line that would take you seventy-five meters to a point where three students would then catch you, put a ladder underneath you, and lower then rope for you.

I took the route that used the cave ladder and by the time I got to the top I was stuffed and barely had any energy left. But that was not the finish line, I still had to get across to the platform.

I nearly cried I was so scared but with the encouragement of my mates below I got through.

Although it scared me and the group we all finished the day with the enjoyment and pride of knowing that we all tried our best. by Angus McRae

"The High Ropes Course pushed me out of my comfort zone because ever since I was a child I have been extremely scared of heights. But not even fear could overcome my joy as I went down that zip line."

Service Projects

On Thursday afternoon, all of the group gathered in the Dining Hall to talk about service projects.

There were 4 or 5 jobs that we all chose from to do, there was crown raising, weeding/mulching, getting rid of black wattles and weeds, picking up garbage and packing up tents/ getting the gear for the hike ready.

Whoever came in first sat down and wrote their name on the board. Sir asked us all to sit in order and pick our jobs.

I got in quite early and got the job I wanted which was getting rid of the black wattles.

Once everyone had a job we all set to work. Me and my group started at the S bends mountain bike trail and finished at the fire pits. Along the way we were pulling out weeds, chatting and cutting down the big wattle trees. The big ones were a work out. We had to cut all of them down by hand but once it was done it was definitely worth it.

I think that the Service Projects were a great way to give back during a fun and adventure filled day. - By Peter Shaw.



Shaylan Zabakly, Callum McCall, Leon Schouten and Kaylan Prince Peckham satisfied after picking up dumped goods in the Wollemi national park.



James Won and Alex Papalia cooking burgers over the fire for dinner.



7 Colo L students enjoying a well-deserved swim enroute to the campsite.



The group walking past the lagoon as they start the hike.

Overnight Hike and Campout

On the 3rd day at Colo we all went on a hike to our campsite.

On the way, we were lucky enough to have a quick dip in the Colo River, which is the last pristine river in NSW, so that was an amazing and refreshing experience.

After that we put on our huge and heavy rucksacks again and continued on our journey. When we arrived, we were given instructions on what to do to set up camp and then we all got to work.

I was in the green group and the first thing I did was put up my tent with my mate Cooper because he was my tent buddy and then put our clothes and other things into the tent.

Next my group and I collected firewood and dug our fire pit. Once this was finished we went and got permission to start our fire.

Once we had got approval I used the flint and steel to light the fire onto a cotton ball in the fire pit we dug. When we got a flame, the others were there to put on the wood and bracken fern carefully not to put out the flame. After a few tries we finally had a decent fire and got ready to cook our delicious beef paddies.

When they were ready we all felt very proud as they had taken a while to finish cooking.

After dinner, a few of us made milo and then went to bed early because I think everyone was exhausted.

In the morning, we packed up our tents and put our clothes back into our rucksacks. Then we lit our fire again and cooked some delicious bacon for our breakfast.

We then divided our camping gear throughout our group and then we left for the campus. Overall, I think the campout was definitely a great and new experience and I learnt a lot from it!!!

By Max Lapa

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:

"We cooked a good dinner and a bad breakfast"

"Something I am proud of this week was completing Colo and getting less worried of my fear of heights and not complaining on the hikes"

"One thing I am very proud of is that I was able to cook and eat my meals each night"

"I didn't enjoy any activity more than the rest, I loved them all!"

"I found the social challenge quite difficult as lots of the activities involved teamwork and if we didn't work together the activities wouldn't work".

"I loved the mountain biking. I do it a lot at home with my dad and know the sport quite well"

"Our group was really good. We all worked together and all got all the

jobs done quickly. I also got closer with them all"

"I enjoyed the overnight campout the most because me and my mates were laughing our heads off for half of it"

We did a really good job starting dinner. We were eating seconds before many other groups started on their firsts. We could have packed up better".