

# Colo Bulletin

## 7 Colo M

5/8/19



### Walk to Colo

On Monday morning the bus dropped us off at the top of a mountain and we had to walk to Colo down a big hill and through a river. Then we went past the Joeys cows through some gates and we were there!

I saw multiple groups of yellow wattle trees along the way and learnt that it benefits multiple groups of animals including common ringtail possums Lorrikeets, King Parrots and sea eagles.

My favourite part was looking off the edge of one of the many cliffs in the colo valley and just looking down on the sheer serenity of the moment and the peace of all the different places we could see. I also loved that we had to get really hands on like when we waded through 30-40 cm of water, it was part of the colo river which when full can bank up to 5m.

I learnt that the sandy track we walked on is actually sandy because of all the sand stone that has been eroded has just collected on the ground over millions of years. There is nearly 100 different types of animals living in the bushes.

I noticed that nearly all the rocks have been corroded and have little unique indentations from where the water wind and sand has cut into it.

By Laurie Lee-Field

Top Right: Year 7 Colo M descending the mountain.

Top Left: Hugh Woodbury enjoying the sandy bed of the Colo River.

Bottom Left: The class enjoying a view over the Colo Valley and SJC.



Luke Braund enjoying "Bunny Run" trail.



Conor Hayden landing a See-Saw at the mountain bike skills park.



Liam Massey hitting a berm on "Bunny Run" trail

# Mountain Biking

What I liked about mountain biking at Colo was how it sparked my passion for bike riding back into me. It was very enjoyable to get back onto a bike and the trails were very fun and enjoyable to ride on.

The "Action Position" is a bike riding position that we learnt to help us ride over obstacles and bumpy tracks without falling off. It is very useful and it was great to fully understand the technique and how it works.

Having a ride with my mates and riding trails that I would't normally feel comfortable with was an amazing experience and I really thank the Colo

staff and year 11 leaders for encouraging us and supporting our decision if we decided to ride certain trails or not.

Mountain biking was a new experience for me but I was able to ride the bike like I would usually ride a BMX. Even though there were some trails we couldn't do, I'm very excited to do them next year when we come back.

The biking was something I was very nervous yet excited about doing. Even

though I had a bump at the end of the session it was all part of the experience and I enjoyed it.

Coming back to mountain biking and getting to do new trails after doing some riding practice at home will be something to look forward to when I come back in year 8. This was a thrilling experience for me and I enjoyed the biking a lot.

Avery Brown

**"I am proud of how well I did in the mountain biking which I was unsure of before"**

# Orienteering

Orienteering is one of the major skills you need in day to day life and here at colo we did a widespread orienteering track across the SJC Colo fields.

Me and my partner Ben Fox went across the fields and had nothing but a map and a stamp board, on the map we had to find 14 checkpoints and stamp our board with each checkpoint. We found 9.

Other than being a great pathfinding task we all had fun running around, having fun and getting to know different people in our class we don't normally hang around with.

Even though we had to fight through the ice cold weather and we were running to get all the checkpoints marked off in the time, we had a good time. By Tom Janes



Laurence Lee-Field pleased with finding a marker at the orienteering course.



Stephan Maugeri showing his skill on the low ropes course.



Brock Richards concentrating on the bouldering wall.



Hugh Woodbury walking with confidence on the Burma Bridge.

# High Ropes Course

On Tuesday morning, we went to the ropes course. As we walked up the stairs to the gear shed you could see Thomas Miller bouncing up and down in excitement. As we were putting our harnesses and helmets on you could see people tripping over their harness and finding it a real struggle to stay upright.

Next we arrived at the towering high ropes course and the not so towering low ropes course. All you could do is imagine climbing this physical challenge.

Our group started off on the low ropes course to warm up our muscles for the real challenge up ahead. The low ropes course proved menacing for many, the fidget ladder was only conquered by two in our group Jack Jani and Edward Lacey. Another challenging obstacle was the Swinging Log which only Luke Braund got across.

But over all the highlight for me was jumping off the zip line on the high ropes course and in the very first moments freefalling until the rope caught you and you were on your way.

Thomas pike

“The high ropes course definitely put me out of my comfort zone because I had to climb a tall ladder and climb around trees. It was scary but it was also awesome.”

## Service Projects

For the service projects, we created a garden bed out of our composted scraps, and planted trees around the property.

Out of everyone in my Colo group, me and 3 other boys did the garden beds. We filled 2 of them with soil using shovels. I enjoyed doing this because it was my first time creating a compost bed and learnt how to do it for next time.

In my Group, I think everyone worked hard. We completed the beds in under an hour, and then moved on to planting trees in the new gardens our

class created between some of the cabins. We planted some banksias and a few other native shrubs and grasses.

Another service project that other boys in our class did was going and collecting fire wood to burn and filling in the firepit holes we created after two nights of cooking our dinner there.

Next year I am excited to see the Garden beds that I filled in and the two trees that I planted.

By Noah White



Noah White and Thomas Pike filling garden beds with compost as part of the service projects.



Max Moore enjoying his walk with his overnight expedition



"Cooking burgers on the campfire is never a let down."



Keanu Prince, Michael Archie, Jack Jani and Thomas Pike braving a swim in the cold Colo river.

# Overnight Hike and Campout

The overnight campout was very fun. We did lots of group activities and had many challenges along the way. First off, we had to hike to the actual campout spot. Even though this hike was very tiring as we carried huge rucksacks on our backs and had to climb a few rocks or go down slippery dirt trails, it was all worth it in the end of the day. When we got there, we were taken to amazing open spaces for our small groups to camp in.

On arrival, we got to just take a seat relax close our eyes and listen to the things around us. We then split off into our groups and set up our tents,

which was a bit of a challenge as our tent was packed inside out and we had to find a way to bring it back to normal. We then started to scavenge for sticks and leaves to light our amazing fire. We sat around and cooked our delicious pasta. After all of these activities we were exhausted, so we grabbed our mars bars and we scoffed them. Then we went to our tents and had a bit of a chat and then went to sleep.

When we woke up from the freezing cold night we grabbed our wood we had left over from the night before and lit our fires. Keanu cooked some delicious crunchy bacon. But before we were able

to cook our bacon we had to pack up our tents. This was very quick as we worked together very well as a team and finished the job. We then had to fit all the food into our bags which was a bit of a struggle but we got it done in the end.

Then for the final hike, this hike was very challenging as it drained our energy that we didn't have much of but when we got back, took our bags off and sat down, it was the best.

By Stefan Maugeri.

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 think I can take home the skill of trying to stay calm when a mate is being a bit frustrating."

"I loved setting up the fire and finding wood"

"I should have been more prepared for the cold mornings. I should have listened and brought more gear!"

"I improved on a lot and there's more I want to learn like cooking, more bike riding and a lot more. I got rid of some fears, and found out information about

myself that I didn't know before and the 3 Colo challenges helped me learn more and improve myself to really enjoy Colo"

"I'm proud of a lot this week. Almost everything I did I tried and helped but what I am proud of most is mountain biking, High Ropes and the hike out to the campsite and back because they all challenged me to go further and work harder for a good end result."

"The individual challenge was the easiest for me as I always try hard at

school so I had to just transfer that over. The social challenge was the hardest because being tolerant to someone for four days can get hard"

"Mountain biking pushed me out of my comfort zone as I had never ridden a bike before. I had to learn quickly and push myself."

"I am proud of refreshing my scout knowledge such as lighting fires with flint and steel and cooking my food on the fire."

"When I get home I will help my parents more!"