



Valley Views - Year 7 & 8

Overview

It has been said that “awareness is the greatest agent for change”, (Eckhart Tolle). Together, let’s look closely at...

Self - thoughts, feelings, beliefs

Others - roles and responsibilities, behaviours

Place - nature, interconnection, Indigenous perspectives

Valley Views is a two-night residential program providing students with the opportunity to explore and then reflect deeply on their personal perspectives of *Self*, *Others* and *Place*.

Emphasising different levels of awareness and the value of ‘looking closely’, students will be encouraged to stretch their comfort zone where they will be challenged physically, emotionally and socially. They will be called upon to utilise resilience skills and strategies, asked to consider their understanding of group relationships, and be given the opportunity to view country through the lens of ‘space versus place’. Students will have the opportunity to reflect on their experience and deepen their understanding of self, their connection to community and the environment.



Curriculum Intent

General Capabilities

Personal and Social Capabilities

Self-awareness:

recognise emotions, recognise personal qualities and achievements and develop reflective practice.

Self-management: express emotions appropriately, develop self-discipline and set goals, become confident, resilient and adaptable.

Social Awareness: appreciate diverse perspectives and understand relationships

Social Management: work collaboratively and make decisions.

Health and Physical Education

Practise and apply personal and social skills when undertaking a range of roles in physical activities (ACPMPO86).

Cross-curriculum Priorities

Aboriginal and Torres Strait Islander Histories and Cultures



Camp Activities Overview

Self

Perspectives on 'Self' will be explored by looking closely at comfort and stretch zones. Students will be asked to consider personal qualities and achievements, set goals and develop strategies for building confidence and resilience. This may be during the extended hike, rock climbing, or simply by being in an unfamiliar environment with different routines. The program is designed to challenge students physically, emotionally and socially whilst in a supportive learning environment and provide opportunities for them to express emotions appropriately and develop reflective practice.

Others

Perspectives on 'Others' will be considered using the lenses of 'hogs, cogs, and logs'. This thread will be embedded throughout the camp and highlighted in the numerous opportunities students will have to work collaboratively and make decisions. The kayaking journey is a great example of this where the degree to which individual roles and responsibilities improve group cohesion, and the success of group objectives can be appreciated and evaluated.

Place

Perspectives on 'Place' will be explored through the lens of 'space versus place'. To assist students in understanding this distinction, we will visit the nearby Mount Cougal section of the Springbrook National Park and hear Indigenous stories and perspectives of country. Students will have an opportunity to deepen their connection to the environment, practice attentiveness, cultivate gratitude for nature and swim in the pristine waters of the Cougal Cascades.

Sample Program

DATE:	DAY PROGRAM	NIGHT PROGRAM	
DAY 1	10.00am - ARRIVAL / INDUCTION & SITE ORIENTATION 10.45am - MORNING TEA / TEACHER BRIEFING 11.00am - ACCOMODATION SET UP	7.00pm – 9.00pm NIGHT WALK (camp staff) CAMP FIRE (Run by visiting staff)	
	11.30am MEET YOUR MENTOR / ICE BREAKERS		
	12.00pm - LUNCH 1.00pm - AFTERNOON ACTIVITIES		
	ROCK CLIMBING		COUGAL CASCADES
	4.00pm - RECREATION TIME / SHOWERS 5.30pm - DINNER		
DAY 2	6.30am - MORNING FITNESS SESSION 7.00am - BREAKFAST 8.15am - MORNING REFLECTION / ACTIVITIES	7.00pm – 9.00pm MOVIE NIGHT (Run by visiting staff)	
	8:15 departure BORDER TRAIL		8:30 departure CURRUMBIN CK KAYAKING
	12.00pm - LUNCH 1.00pm - AFTERNOON ACTIVITIES		
	CURRUMBIN CK KAYAKING		BORDER TRAIL
	4.00pm - RECREATION TIME / SHOWERS 5.30pm - DINNER		
DAY 3	6.45am - BELONGINGS PACKED AND TAKEN TO DEPARTURE AREA, CLEANING OF ACCOMODATION 7.30am - BREAKFAST 8.30am - MORNING ACTIVITIES	<div style="border: 2px solid black; padding: 5px;"> <p>IMPORTANT NOTE: Areas shaded in grey are the responsibility of Visiting Teachers. The above night program activities are a guide only.</p> </div>	
	COUGAL CASCADES		ROCK CLIMBING
	CAMP REFLECTION		CAMP REFLECTION
	12.00pm - LUNCH 1.00pm - DEPART		