

# Beyond Boundaries Handbook 2015





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# Beyond Boundaries - Outdoor Education

*"The only impossible journey is the one you never begin"- Anthony Robins*

Outdoor Education at St Catherine's School encourages students to understand their identity, their community and their relationship with the natural world. Through a process of guided discovery students have opportunities to help confirm and shape their values by undertaking appropriate social, emotional and physical challenges.

With this in mind, all students from Year 1 through to Year 10 participate in the Beyond Boundaries program. Beyond Boundaries is a sequential outdoor experience, each program actively building upon the next. The program aims to develop the girls' skills during their time in Junior and Senior School, culminating in a final expedition in Year 10. At this point students are offered a choice of four expeditions ranging from six to nine days, for which most of the organisation and execution is undertaken by the girls themselves.

Beyond Boundaries extends and challenges every student, whilst helping to promote leadership, integrity, curiosity, perseverance and empathy. In the Senior School, the program has strong links with the Duke of Edinburgh's Award and is additionally an integral component in the Leadership Diploma. St Catherine's School views the Beyond Boundaries program as an essential element of holistic education which prepares young women for their role in the global community. Whether here in Melbourne, or elsewhere in the world, students will be able to draw on their outdoor education experiences to assist them in dealing with the challenges of everyday life.

At St Catherine's School we believe that the Beyond Boundaries program provides all students with the opportunity to push their own personal boundaries in a supportive and nurturing environment, whether guiding a raft down the Mitchell River, hiking through pristine wilderness or simply spending the night away from home. Learning through participation creates a powerful experience.

The following program outlines are a guide only and may vary due to climatic or environmental factors.

# Year 1

## Program held at St Catherine's School

When: Friday 16 October 2015

Activity: Afternoon of teamwork games (introductory activities)

Where: St Catherine's Junior School

### PROGRAM

The Beyond Boundaries program in the Junior School starts at the end of the school day, when Year 1 students join in with the Year 2 students in playing games, getting to know the Beyond Boundaries staff and having dinner together. Students go home after dinner and washing their dishes. Enthusiasm and persistence are encouraged as well as joining in.

# Year 2

## Program held at St Catherine's School

When: Friday 17 – Saturday 17 October 2015

Activity: Teamwork games and overnight stay at School

Where: St Catherine's Junior School

### PROGRAM

Starting after school hours, students join in with the Year 1 students playing games, getting to know the Beyond Boundaries staff and having dinner together. After dinner, the Year 1 students depart and the Year 2 students prepare to settle down in the Junior School where they spend the night as a group sleeping in the Junior School Library. There is a healthy breakfast in the morning, followed by fun and games. Caring for each other is a focus during the two days.

## Year 3

### **Camp Sunnystones, Bacchus Marsh**

When: Monday 19 – Wednesday 21 October 2015

Activity: Three days multi-activity

Where: Camp Sunnystones

Located in Bacchus Marsh, one hour west of Melbourne

### **PROGRAM**

Students extend their comfort zone by spending two nights away from home at Camp Sunnystones, in a warm and caring environment close to Melbourne. Students get off the bus and have an informative bushwalk into the camp, where they learn about the uniqueness of the surrounding environment.

Activities such as a low ropes course, initiative activities, night walk and bush cubby building promote teamwork and a strong feeling of togetherness throughout the program. Students are accommodated in self-contained rooms, with all meals being provided by Sunnystones.

## Year 4

### **Angahook Holiday Camp, Aireys Inlet**

When: Wednesday 11 – Friday 13 March 2015

Activity: Three days multi-activity

Where: Angahook Holiday Camp

Located in Aireys Inlet, on the Great Ocean Road, two hours from Melbourne

### **PROGRAM**

Angahook Camp is situated only minutes from the beach at Aireys Inlet and from the bush at Angahook State Park – both environments are explored in detail. For three days, students participate in activities such as an education and environment lesson, day walks, beach games, cultural activities, a bush dance and more. Activities provide the opportunity for students to work together in smaller groups and to continue in their outdoor development. Students are accommodated in self-contained rooms and all meals are provided by Angahook.

# Year 5

## Gundiwindi Lodge, Wandin

When: Tuesday 2 – Friday 5 June 2015

Activity: Four days multi-activity

Where: Gundiwindi Lodge

Located in Wandin, less than one hour north-east of Melbourne near Mt Dandenong

### PROGRAM

Gundiwindi Lodge is set on 22 acres, with a mixture of open paddocks, parkland and bushland areas. Students are involved in an Outdoor Education program participating in activities such as a day visit and education session at Healesville Sanctuary, day walks, orienteering, flying fox, giant swing, indoor archery, sensory trail, damper cooking, a nature hunt, yabbing, initiative games, reptile education show and bush dancing. Students sleep in cabins and all meals are provided by Gundiwindi Lodge.

# Year 6

## Iluka, Shoreham

When: Tuesday 28 April – Friday 1 May 2015

Activity: Four day multi-activity

Where: Iluka

Located in Shoreham, on the Mornington Peninsula, one hour south-east of Melbourne

### PROGRAM

Iluka is a campsite owned by Girl Guides Victoria and is set on a rural setting near the beach with undulating grassland, native trees and wetlands. Students spend time during the day participating in a selection of outdoor activities such as surfing, raft building, canoeing, initiative games, day walks, camping and environmental education.

Students sleep in dormitories during the program except for one night when the girls are introduced to camping and participate in their first overnight camp-out. All meals are provided by Iluka or The Outdoor Education Group.

# Year 7

## Camp Jungai, Rubicon Valley

When: Tuesday 27 October – Friday 30 October 2015

Activity: Four days multi-activity

Where: Camp Jungai

Located near Thornton, two hours north-east of Melbourne, on the banks of the Rubicon River

### PROGRAM

The Senior School's Beyond Boundaries program commences with a four-day program at Camp Jungai. Whilst at Jungai, girls are accommodated in self-contained cabins for one night and sleep on the oval in tents for two nights. Students are introduced to outdoor cooking, lightweight camping, bush hygiene practices and navigation.

A strong focus on environmental education sees the students involved in an activity, be it planting native trees, constructing nest boxes or planting a vegetable garden.

Other activities include learning the fundamentals of orienteering, bushwalking, raft building and high ropes. Jungai also offers a unique opportunity for students to experience Koori culture first hand, with a Cultural Officer involving the girls in activities such as bush tucker, art and dance. These elements are drawn together in a corroboree celebration which is held on the final evening.

The program is incorporated into the English curriculum with the introduction of a journal which the students will use through to Year 10. Students are encouraged to use their journal to record their feelings, thoughts or even draw sketches, which they refer to during each program or later in life.



# Year 8

## Goulburn River, Eildon

When: Monday 23 – Tuesday 24 February 2015

Activity: Two days rafting

Where: Goulburn River

Located in Eildon, two hours north-east of Melbourne

### PROGRAM

Year 8 builds on the positive experiences of Year 7 by extending the students over two separate programs. This provides students with an opportunity to practise and refine what to bring on the program and how to adequately prepare. The girls experience and compare different river environments, the Goulburn River and the Mitchell River, and are exposed to varying climatic conditions, which is important in their preparation for the Year 10 expeditions.

The first program is held on the Goulburn River. The two-day program is designed to assist the girls with their outdoor camping skills and partake in a paddling journey, as well as prepare them for their five-day program later in the year. The students will camp at the Eildon Base Camp which has established campsites for tents, toilet facilities and fire pits.

The highlight of the program is paddling through the rapids on the Goulburn River. The focus here is on challenge and teamwork as it requires the students to work together to manoeuvre and steer their raft.

## Mitchell River National Park, Gippsland

When: Monday 5 – Friday 9 October 2015

Activity: Five days rafting and bushwalking

Where: Mitchell River National Park

Mitchell River is situated in East Gippsland, four hours from Melbourne

### PROGRAM

The second component of the Year 8 Beyond Boundaries program is a journey down the Mitchell River, which flows freely through the high cliffs and gorges of the Mitchell River National Park. This program gives the students the opportunity to participate in a white water rafting and bushwalking expedition on and alongside one of the last remaining major Victorian river systems free from dams.

This is a five-day program where students will extend their camping skills and stay in tents at different campsites throughout their journey.

The Mitchell River has a special listing under the Heritage Rivers Act due to its rich ecological, cultural heritage and unique social and recreational value. Paddling through the exciting rapids in the National Park is a challenging, yet rewarding experience. The students also visit the Den of Nargun, a magical spot that has significance for the local Aboriginal people of the area. This program will be the first time that the girls undertake a true point-to-point journey with no return to a central base camp.

## Year 9

### **Cathedral Range State Park, Taggerty**

When: Monday 23 – Tuesday 24 February 2015

Activity: Two days bushwalking and rock journey

Where: Cathedral Range State Park

Located between Buxton and Taggerty, two hours north-east of Melbourne

### **PROGRAM**

Year 9 also has two separate programs, the second consolidating the skills learnt on the first. Time is also dedicated to understanding the requirements of the Leadership Diploma and the Duke of Edinburgh's Award. All students aim to complete the 'Adventurous Journey' component of the Bronze Award by completing the Beyond Boundaries program and accepting roles of responsibility along the way. Students are expected to produce written menu plans, prepare their meals and assist with navigation and group leadership.

The first program is held in the Cathedral Ranges. The two-day program introduces the girls to bushwalking, including a rock scramble to Sugarloaf Peak. The program also prepares the girls for their five-day journey later in the year. An integral part of this preparation program is learning skills such as packing a backpack, camping with minimal gear and lightweight food preparation and cooking.

## Lake Eildon National Park, Eildon

When: Monday 23 – Friday 27 November 2015

Activity: Five days bushwalking and sea kayaking

Where: Lake Eildon National Park

Located in Eildon, two hours north-east of Melbourne

### PROGRAM

The second component of the Year 9 Beyond Boundaries program takes place in Lake Eildon National Park.

Students will participate in a bushwalking and sea kayaking journey along the shores of Lake Eildon, camping at designated campsites by the lake each night. In small groups girls will write their menu and purchase, prepare and cook their food for the duration of the program. Outdoor and environmental skills will be extended, preparing girls for the Year 10 Beyond Boundaries expeditions.

## Year 10

### Choice of Expeditions

Four options will be offered to Year 10 students. Girls will choose which expedition they attend through a selection process.

When: 21 November – 29 November 2015

Activity: Six, seven or nine days

Where: The expeditions take place in the following four venues:

- Mt Arapiles/Grampians National Park – rock climbing, day walks, exploring, and cultural interpretation, six days
- Murray River- Canoeing and horse riding expedition, six days.
- Snowy River National Park- white water rafting, seven days.
- The Odyssey – Overland Track Tasmania, bushwalking, nine days.

### PROGRAM

The culminating experience of the Beyond Boundaries program occurs in Year 10. At this point, all of the skills and knowledge the students have acquired come together in a major expedition.

Students take on an active leadership role in the overall running of their expedition such as navigation, cooking, group management and leadership.

This level of involvement is directly tied into one of the components of the Leadership Diploma.

A number of opportunities are offered in order to cater for a range of abilities and interests. In addition, some girls may wish to use their expedition to satisfy the requirements of their Silver or Gold Duke of Edinburgh's Award.

This final element of the Beyond Boundaries program is timed to occur towards the end of the School year and follows the completion of exams. Students use the experience to reflect on and celebrate their achievements in the School and the Beyond Boundaries program.

## Student Comments on Beyond Boundaries

"Honestly, I think everyone needs to go on camp more. It is amazing how people really just let go of their judgmental ways, and really just let themselves be themselves. At least that is what I think nature can do to people."

"Camp has had many positive effects on me such as; helping me build my leadership skills, improve my outdoor skills and has definitely strengthened my relationship with the other girls in my group."

"I feel that overcoming the many challenges of camp has encouraged me to become more resilient, persistent and courageous."

"I have a lot of self-doubt especially in my sport. This camp helped me believe in myself more and be more willing to challenge myself."

"I believe this program enforces a stronger bond with peers. I personally believe I now have a stronger connection and have formed a bigger friendships with those who were in my camp group."

"It made me appreciate the natural environment and connect with the natural world. I enjoyed spending the week without any technology and embracing nature."

"Camp definitely builds your resilience, particularly in regards to remaining calm and rational and getting along with the rest of my group."

"Camp has helped me to see the true beauty of nature. Hiking throughout camp (especially in solitude) allowed me to see and hear the wonderful sights and sounds of nature without distractions and has definitely changed my perspective on the natural environment for the better."

“You have to learn to understand that people will have different strengths and weaknesses to you. You need to respect that about them.”

“Camp helped me to become more independent and work better as a team.”

“I learnt that in order to be a fantastic leader, you also need great people to follow you. Whether this be other people to support you or listen to your directions, I believe it is very important to create this balance between a leader and a follower.”

For more information on the Beyond Boundaries program please contact:

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