



CARMEL

ADVENTIST COLLEGE

YEAR 9 ASPIRE PROGRAMME

Half Day Hike & Team Building Challenge – Thursday, 29th February 2024

Dear Year 9 Parents and Guardians,

This letter is to provide you with some key information about the upcoming Year 9 Half Day Hike & Team Building Challenge. Students will be taking a short bus trip to Victoria Dam just off Masonmill Rd, Carmel. Students will be hiking in two groups along either the Mason and Bird Heritage Trail or the Victoria Reservoir Walk Trail. Both groups will meet at Bickley Outdoor Recreation Camp for their team building challenges before hiking back to the buses on the opposite track. The total amount of hiking will be roughly 7km.

Aims of the Half Day Hike & Team Building Challenge:

***Physical** – opportunity to learn in the outdoors and start to get accustomed to hiking*

***Social/Emotional** – opportunity to build positive memories and stronger relationships with each other, and to continue to develop resilience and confidence.*

Staff members attending: Adam Di Rosso, Amitha Narlapati, Shannon Smoker, Hilary Banda

Checklist of what to bring:

Students need to wear their full PE uniform and appropriate footwear (not crocs) for hiking. Hiking boots are not necessary but students are welcome to wear them. Students should pack the following items in either their CAC sports bag or other small backpack capable of holding the following:

- ☐ Small first aid pack (students have been asked to create these and have a photo of the items)
- ☐ Student specific first aid items (eg. Epipen, asthma puffer & spacer, personal medications, etc)
- ☐ At least 3L of water
- ☐ Morning tea and lunch (no cooking facilities provided)
- ☐ Hat (optional)

Upcoming Dates:

Friday, 8th of March 2024 – Full Day Hike

Thursday – Friday 21st & 22nd of March – Overnight Hike

More information will be sent out shortly, but please make note of the above dates:

Kind regards,

Adam Di Rosso, Amitha Narlapati, Carolyn Frisby & Charlie Howard
Year 9 Aspire Team