30 August, 2016

To: Parents of Year 9 students
Re: The Rite Journey Camp

‘Challenge’ - A core component of The Rite Journey program takes students out of their comfort zone. The aim of the ‘challenge’ is to build resilience and a positive self-concept through working hard to achieve a goal. The aim of The Rite Journey Camp at Year 9 is to develop independence, courage, problem-solving skills and positive relationships across the year level through working towards and achieving both individual and common goals.

The cost of The Rite Journey Camp is included in the College fees. It will take place in Week 2 of Term 4 on 10–13 October at Cape Bridgewater Coastal Camp located at Cape Bridgewater. Students must be at GLC by 8am on Monday 10th October to pack the bus and ensure an 8.20am sharp departure. Students will return by 3.30pm on Thursday 13th October. Please be on time with drop-offs and pickups. Also note that Friday, 14th October is a student-free day at GLC for Geelong Show Day.

While the camp will involve all Year 9 students, they will be grouped based on gender for the majority of the camp in keeping with The Rite Journey Program. Students will camp one night in makeshift tents as part of a 12-hour solo challenge called The Abyss. We will prepare for this in The Rite Journey class time. The other two nights will be spent in cabins.

Staff attending the camp from GLC will include Josh Baker, Jonny Hedt, Breeanna Redden and Trudi Abikhair. Additional teachers or student teachers will be attending. Cape Bridgewater Coastal Camp will be providing staff leaders with specialist activity facilitators dependent upon the activity.

It is essential that students be prepared for the variety of camp activities and weather by bringing all items listed on the attached ‘What to Bring List’, including a packed morning tea and lunch for the first day. Students are encouraged to bring a small portion of lollies and dried fruit in snap lock bags to maintain energy levels throughout each day as well as a water bottle.

As we are undertaking the 80-hour Unplugged Challenge (see below), electronic devices including mobile phones are not permitted on camp. Also note that chewing gum and confectionary containing nuts are not permitted on camp. A maximum of $15 spending money may be brought, although spending opportunities will be limited.

Please ensure that you complete and return the permission details below by Thursday 8th September. If your child has any specific dietary requirements, please indicate these on parent consent form below.

If you have any further questions please do not hesitate to contact Josh Baker or myself at the College.

Yours sincerely

Jonny Hedt
Pastoral Care
Year 9 Camp Program - Cape Bridgewater Coastal Camp  
(1721 Bridgewater Rd, Cape Bridgewater VIC 3305)

Day 1, Monday, October 10: Students arrive at 8am. Depart GLC at 8.20am sharp

Over the four-day camp, planned activities and challenges include:

- Canoeing
- Sandboarding
- Caving
- Solo-camping
- Mountain biking
- Snorkelling with seals
- 80-hours Unplugged Challenge: Students are challenged to go through the camp, including bus trip, without bringing or using any electronic device, including watches, cameras, mp3 players and iPods and phones. Staff will have cameras for photos and phones for emergencies.
- Whinge-Free Week Challenge: Students are challenged to grow in their awareness of how they respond to challenges or difficulties by wearing a wristband all week (the school will provide this). Upon recognising they are complaining, they will move the wristband from one wrist to another. We encourage all members of each student’s family to participate in the challenge while the student is on camp and for the three-day weekend that follows. The challenge will start at 9am on Monday October 10 and run through to Monday October 17 at 9am.

A detailed itinerary is not provided because some activities are weather dependent and subject to change or substitution. We encourage students to be prepared to step out of their comfort zone and be challenged at any time.

Day 4, Thursday, October 13: Return to GLC by 3.30pm.