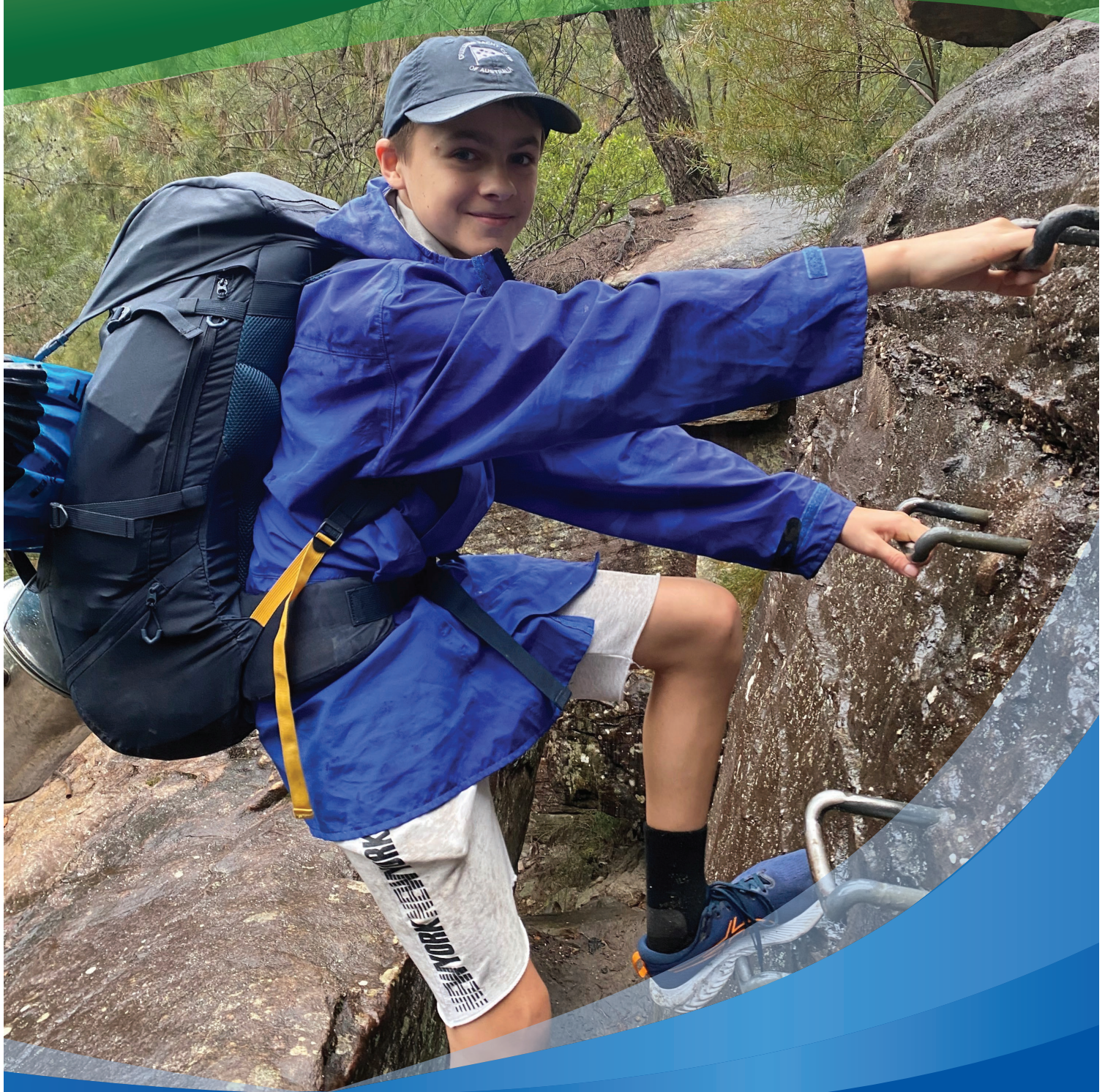


SELF-DEVELOPMENT

OUTDOOR EDUCATION

at St Pius X College



ST PIUS X COLLEGE
CHATSWOOD



EDMUND RICE EDUCATION
AUSTRALIA

OUTDOOR EDUCATION

at St Pius X College

Outdoor education provides a range of opportunities that support and facilitate every student's personal, spiritual and social development as they progress through College life. It is Liberating Education in action, by providing a range of learning experiences to give students the confidence to build a better world.

The program encourages self-development by:

- promoting **positive relationships in an Inclusive Community**
- building **respect** amongst students, as well as between students and staff
- **challenging** students to test themselves in a controlled environment
- promoting personal **resilience**
- developing co-operation, **teamwork** and an awareness of the power of a unified group
- promoting Justice and Solidarity for those in need in our community
- developing **positive attitudes** towards conservation and a sense of stewardship of all Australia's natural environments
- providing opportunities for students to learn and exercise **leadership**
- allowing students to learn in an enjoyable, activity-based manner

Camps and Retreats

The Retreat Program builds on a Gospel Spirituality, founded in our love of God with a message of compassion, hope, justice and peace. There is a focus on the development of peer relationships in the early years, through to more challenging areas of personal self-reflection and spiritual growth in later years. Each stage builds on skills acquired during previous activities to support the personal development and growth of each student as they progress through College life.

Highlights of our Camps and Retreats program include:

- Year 5** Point Wolstoncroft Sport and Recreation Centre
- Year 6** Canberra trip
- Year 7** The Great Aussie Bush camp
- Year 8** Ski trip in NSW Snowy Mountains
- Year 9** Reflection small group workshops at Workul Koo at Wamboral
- Year 10** Indigenous Immersion experiences to Walgett, Bowraville and the Central Coast
- Year 11** Retreats, Reflection days and Snowy Hike
- Year 12** Retreats and Reflection days



Respect • Teamwork • Decision Making

The Duke of Edinburgh's Award

- ▶ Every year approximately 100 students across Years 9-12 undertake either a Bronze, Silver or Gold Award.
- ▶ Students commit to regular extracurricular activities of learning a skill, improving their physical wellbeing, volunteering in their community and undertaking a team adventure to earn an Award.

Year 11 Snowy Mountains Hike

- ▶ A 30+ year College tradition where Year 11 students and staff hike 100km over 5 days through the Kosciusko National Park.
- ▶ In this challenging hike students gain experience in remote wilderness alpine camping and test themselves as they prepare for the HSC.

Kokoda Track Expedition

- ▶ Occurs biannually and is open to Year 9, 10 and 11 students and their families.
- ▶ This physically demanding undertaking is also an opportunity for education and growth through experiencing some of the conditions faced by soldiers in the Second World War.

Outdoor Education Group

- ▶ Focuses on developing the skills necessary to operate in remote locations. Includes map reading and navigation, hiking, planning, risk mitigation, meal preparation and general bush craft.
- ▶ Participation is a pre requisite for students undertaking the Duke of Edinburgh's Award.
- ▶ Weekly meetings open to students from Years 9-12.

Other programs

- ▶ In the spirit of building resilience and developing strategies for helping young people achieve their best possible mental health, the College also offers programs including weekly boxercise, paddle boarding, indoor rock-climbing and short hikes.
- ▶ Surf related and other activities for PDHPE.

Facilities

Workul Koo located on Terrigal Beach at Wamberal is used for Leadership and Pastoral camps, training weekends and for spiritual retreats for both students and staff.

Leadership • Communication • Resilience

Self Confidence • Citizenship • Perseverance



'Knowing that I got through the Snowy Mountains Hike, which really pushed my physical and mental boundaries, will help me get through the HSC. I know now that I can do anything. There is so much more strength in me than I ever thought I had.'

– Year 11 Student

'The ski trip was the best. I made some good mates, many of which I am still friends with today.'

– Year 10 Student



FAITH • RESPECT • OPPORTUNITY • EXCELLENCE



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A CATHOLIC BOYS' COLLEGE IN THE EDMUND RICE TRADITION • YEARS 5 – 12