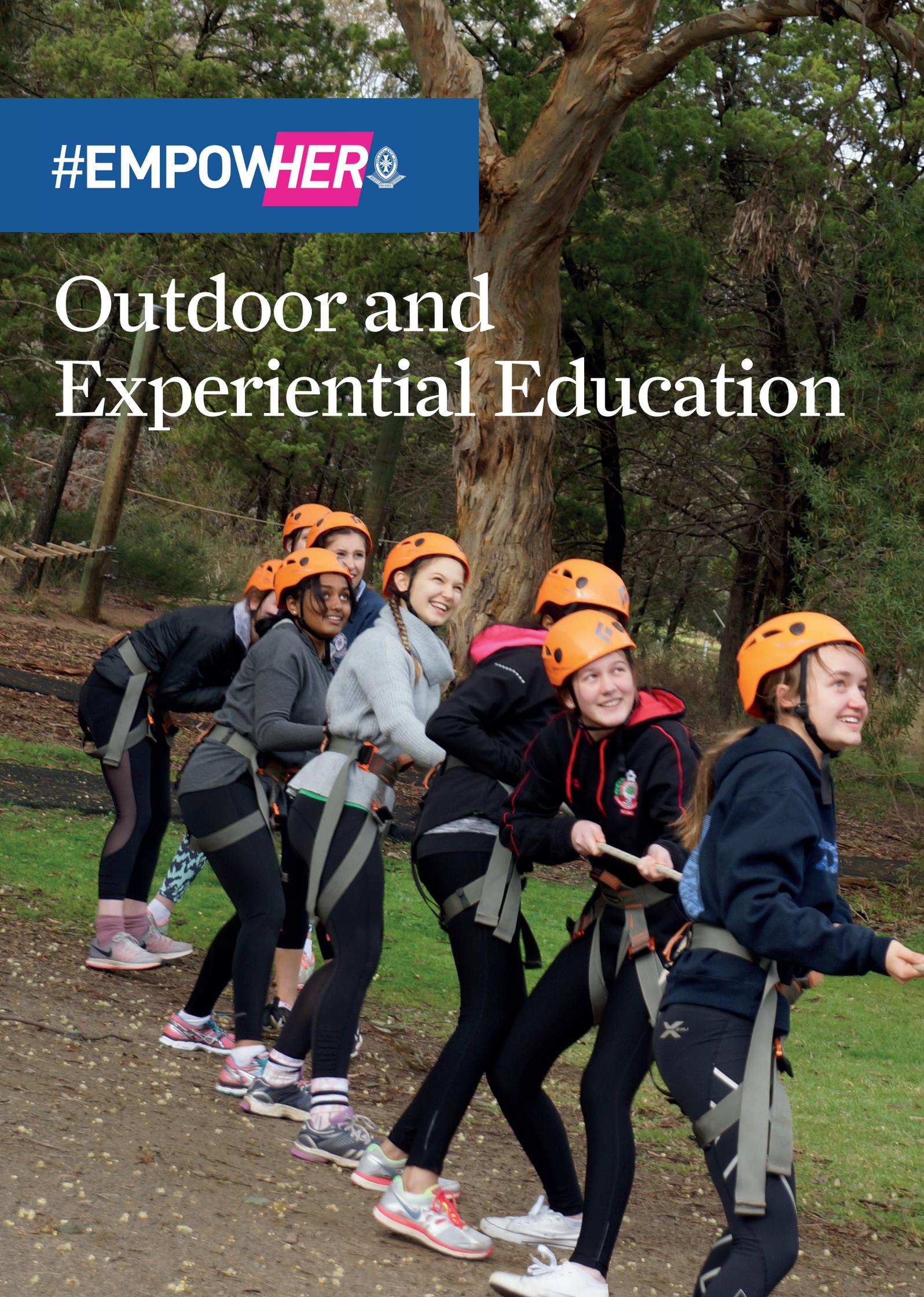


#EMPOWER 

Outdoor and Experiential Education



Our Vision

At St Peter's Girls, we encourage our students to challenge their thinking by creating meaningful learning opportunities well beyond the classroom walls. Throughout the year levels, our Outdoor and Experiential Education Program encompasses our values of creativity, courage and compassion.

Girls develop their creativity by engaging in problem-solving activities that require collaboration and skill. They display their courage by moving outside of their comfort zones, enhancing their resilience and self-awareness. They show their compassion by demonstrating respect for others, and an appreciation of nature and environmental responsibilities.

Students from Years 1 - 12 are involved in our structured curriculum, taking part in rich experiences which have clear outcomes. By being able to reconnect with the natural environment, girls can 'unplug' from their day-to-day lives and reliance on technology.

Each year level program is thoughtfully and progressively challenging and, by the end of Year 10, our girls become self-reliant in camp preparation and flexible in their response to discomfort and challenge.



#EMPOWHER Connections

Our Outdoor and Experiential Education Program connects closely with our #EMPOWHER wellbeing program. The topics and tools delivered in #EMPOWHER sessions are easily transferred to the camp setting.

For example, we encourage our girls to be 'comfortable with being uncomfortable' and, through our camp program, they can apply the strategies they have learnt to manage stress, tolerate discomfort and improve their grit. In addition, the nature of camps, in particular managing group dynamics, rooming and tenting with a variety of different personalities and cooking in groups, provides a range of relationship challenges for our girls. It is in these settings that they can apply tools such as conflict resolution, negotiation and assertiveness.



Program Goals

This program supports our girls in developing positive relationships with themselves, with others including peers and School staff, and the natural world.

Relating with Self:

Self-concept, values, motivation, responsibility, challenge, goal setting and reflection.

Relating to the Natural World:

Experiencing and observing our effect on nature and its effect on us.

Relating with Others:

Cooperation, communication, decision making, dealing with conflict, empathy and leadership.



Growth in Learning

Our program incorporates a number of learning outcomes in other subjects including Health and Physical Education, Geography, History, Science, Mathematics, English and Art.

Due to the immersion in the natural environment, these experiences are able to teach cross-disciplinary components of the curriculum such as an Aboriginal outlook on country, along with conservation and sustainability.

Our links with the Australian Curriculum also flow to specific content descriptions related to self-reliance, interdependence and leadership, managing personal risks, life-long physical activity, and health and wellbeing.

From Year 9, our students have the opportunity to take part in the Duke of Edinburgh's International Award, a youth development program that empowers participants to explore their full potential through activity and service.

Program Activities

We make each experience a challenge for every student through differentiation of activities. The girls are encouraged to 'become comfortable with being uncomfortable' in a highly-supportive and safe setting.

St Peter's Girls uses school outdoor adventure specialists Wilderness Escape to oversee and manage our camps across Years 7 - 10, Active Education for Year 4 and other experienced camp providers where appropriate. A member of our teaching staff is also with each group during all of our outdoor and experiential education activities.

Year	Location	Duration	Activities
1	School stay-back	1 evening	Games, sausage sizzle, movie night
2	Narnu Farm	1 night	Farm activities such as horse riding, blacksmithing, butter-making, farm animal feeding
3	Victor Harbor	2 nights	Beyond Limits challenge activities along with Granite Island and Whale Centre experiences
4	Aldinga campsite	2 nights	Aboriginal studies with traditional cooking, art and history, along with orienteering and problem-solving games
5	Ballarat	4 nights	Role play and activities focused on 19th century goldfield life
6	Canberra	4 nights	Study tour of Australian history, politics, science, sport
7	Robe	4 nights	Kayaking, adventure caving, bushwalking
8	Kangaroo Island	4 nights	Bushwalking, bodyboarding, snorkelling, sandboarding, history, birds of prey
9	Fleurieu Peninsula	4 nights	Bushwalking, kayaking, solo night, rock climbing, high ropes
10	Flinders Ranges	4 nights	Bushwalking, mountain biking, rock climbing, abseiling
11	Glen Haven Park	1 night	Leadership & Wellbeing Retreat with high ropes
12	Mount Lofty House	1 night	Study and Life Skills Retreat



Frequently Asked Questions

Does my daughter have to attend her year level's experience?

Yes. It is an expectation that all girls attend. There are many important life learnings that take place during their experience. Understanding your personal limits, being at one with nature, improved connections and working as a team are only a few of the benefits. If required, programs can be adapted to meet individual needs and enable each girl to attend. Exemption is granted for medical reasons, with requests submitted in writing to the relevant Head of Sub-School. We encourage our parents to take on an active and positive role in their daughter's experience, as this approach is more likely to lead to positive outcomes.

Do I need to supply food for my daughter to take with her?

Each year level experience has different requirements and detailed information will be provided beforehand. For the Years 7 to 10 camps, girls are required to bring food for a certain period of the camp. At times, they will cook their food on Trangia stoves under the supervision of experienced staff. In keeping with progression of difficulty, on the Year 10 Camp, girls must provide and cook their food for the majority of the experience.

How can I contact my daughter if there is an emergency at home?

Each experience will have a specific Emergency School Contact should the need arise. It is important that communication moves through this single avenue to prevent information from being misunderstood.

Should I help my daughter pack?

From Year 7 onwards, we encourage the girls to pack their own bags as it is an important skill, especially when bushwalking and kayaking. Your daughter will receive a packing and equipment list where she can tick off each item. If you would like to check once she feels she has completed her packing, this acts as an efficient double-check.

How can I seek more information about my daughter's experience?

You can contact Dan Searle, Head of Outdoor Education, via dsearle@stpetersgirls.sa.edu.au or alternatively speak with your daughter's Home Group teacher.



**ST PETERS
GIRLS**

CHALLENGE YOUR THINKING

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