

# Yr10 EOTC Week

## Group 4 Programme

**Tuesday 4th December:** Days Bay

**Wednesday 5th December:** Mount Kaukau

**Thursday 6th December:** Paintball/H<sub>2</sub>O Xtream

**Friday 7th December:** Community Service

### Days Bay – Kayaking and Cycling

**Meeting Point:** Outside C Block (between C Block and F Block)

**Time:** 8:35am – 3:15pm

**Expectations:** The goal is that you will work with your peers to meet your goals, develop new skills and perhaps conquer any fears you may have. This is a great opportunity to develop friendships and help each other. You will be expected to behave in a positive manner towards everyone.

**What to Bring:** Wear appropriate clothing for the weather, (this trip will only be called off in extreme weather, mild drizzle is not reason for it to not go ahead). Should it be very windy we have an alternate plan of walking the Butterfly Creek Walk. You will need a Hat, sun block, drink bottle and a packed lunch. **For Kayaking:** Togs / long sleeve thermal top, shorts, aqua socks (if you have them) and a towel and dry clothes for after. **Bike Ride:** You will need sports shoes, shorts/leggings, thermal long sleeve top, fleece and Rain jacket . Lighter top can be packed for warmer weather but you will still need the warmer clothes in your bag.

### Mt Kaukau

**Meeting Point:** Outside A-Block by the main entrance

**Time:** 9.00am **Yes, we do start at 9am even on a Wednesday.**

**Expectations:** You will be given a buddy at the start of the day. You need to make sure you stay with your buddy the entire day. We will be catching a bus to Trelissick Park which is located at the bottom of Ngaio Gorge Road. We will follow the track up to Ngaio shops, then make our way along the road to the Simla Cres entrance of the Mt Kaukau walking track. After climbing to the top we will make our way down to Khandallah Park, where there is an outdoor swimming pool. You are not to stray away from the group and you must behave appropriately when walking especially along the side of roads or when crossing roads. You will be expected to be courteous towards other users of the track .

**What to Bring:** Wear appropriate clothing based on the weather, (no denim). Wear shorts/tracksuit, thermal long sleeve top, fleece and Rain jacket. A lighter top can be packed for warmer weather but you will still need the warmer clothes in your bag. (This trip will only be called off in extreme weather, some rain is not reason for it to not go ahead), You must wear good walking shoes (no jandals), bring a hat, sun block, drink bottle and a packed lunch. If you are keen for a swim in Khandallah pool, also bring your togs and a towel.

## Paintball / H<sub>2</sub>O Xtream

**Meeting Point:** Outside Hall

**Time:** 8:35am

**Expectations:** At Paintball you will be divided into groups playing one game, and then sitting one game out as you rotate playing for approximately one hour combined. During the games you MUST follow the instructions of the instructor. Failure to follow instructions will result in you missing out on the rest of the games. At H<sub>2</sub>O Xtream, you will be free to use all of the slides and pools. You must behave appropriately and respect other members of the public that may be there at the time.

**What to Bring:** Wear appropriate clothing for the weather, thermal long sleeve top, fleece and rain jacket . Lighter top can be packed for warmer weather but you will still need the warmer clothes in your bag (this trip will only be called off in extreme weather, some rain is not reason for it to not go ahead). You will need good sports shoes (inappropriate shoes will mean you cannot participate at Paintball), sun block, swimming togs and towel, a drink bottle and a packed lunch. (Optional extra \$ for more paintballs. Max \$20)

## Community Service

**Meeting Point:** Old Gym

**Time:** 8:35am

**Expectations:** You will be divided up into groups (with a teacher in each group) and given one or more jobs to complete throughout the day. You will most likely walk to your job destination, do the job with a big smile and be back at school by 3:15pm.

**What to Bring:** Wear appropriate clothing for gardening/painting/miscellaneous household jobs. Be sure to check the weather (this trip will only be called off in extreme weather, mild drizzle is not reason for it to not go ahead) and dress appropriately, pack a rain jacket. You will need to wear good walking shoes, bring a hat, sun block, a drink bottle and a packed lunch.