

Year 10 Adventure Challenge



KING'S
COLLEGE

Parent Handbook





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Introduction

Mr Graham Bruce founded King's College in 1896 to provide "the best all-round education it is possible to obtain". King's College does not just provide opportunities for students to achieve good academic results, but actively promotes the benefits of a wider curriculum to students:

Participation in these activities:

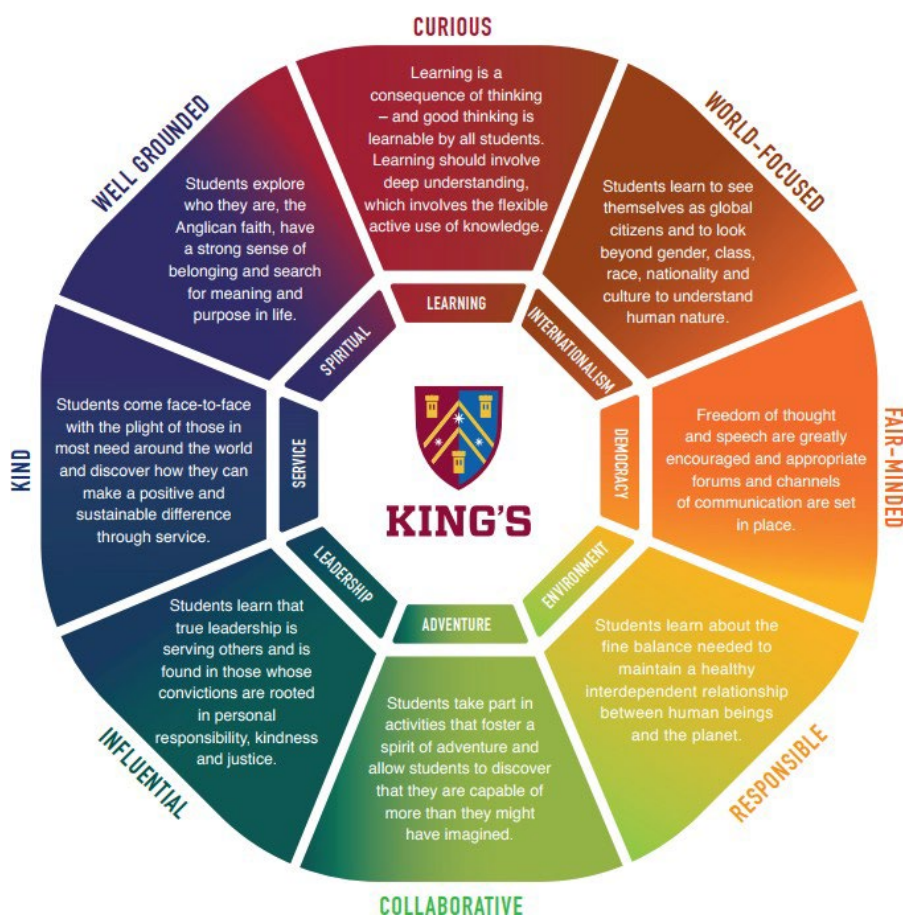
1. Helps promote engagement with the King's College values.
2. Provides a transformative experience through which students can prepare themselves to succeed in the many and varied roles they will undertake in future life.

Benefits include:

- A broad base of knowledge
- A desire to learn and understand
- A sense of one's place in the global village
- An experience of other cultures/opinions/religions
- A desire to contribute, be an active citizen
- An awareness of inherent responsibilities
- An opportunity to be challenged
- A strong individual and communal identification
- An ability to effect change
- A respect for others



The King's College education is based on eight pillars that help foster the development of students:



The College's holistic approach to learning through the eight pillars recognises that learning is most effective when it is practical, cross-cultural and collaborative, and when it is infused through a broad spectrum of inter-curricular, extra-curricular and co-curricular activities. We work hard to ensure that our pupils have every opportunity to achieve in ways and to levels beyond their perceived limits.

The Octagonal Pillars are based on the educational and philosophy of Round Square, a not-for-profit membership network of 150 schools worldwide. Round Square schools are characterised by a shared belief in an approach to education based IDEALS drawn from the theories of education philosopher Kurt Hahn.



"There is more to us than we know. If we can be made to see it, perhaps for the rest of our lives we will be unwilling to settle for anything less".
 — Kurt Hahn (founder of Outward Bound and Round Square)

The King's College Philosophy for Education outside the Classroom

Education outside the Classroom (EOTC) is defined as 'the use of places other than the classroom for teaching and learning'.

These, often the most memorable learning experiences, help us to make sense of the world around us by making links between feelings and learning. They stay with us on to adulthood and affect our behaviour, lifestyle and work. They influence our values and the decisions we make. They allow us to transfer learning experiences outside to the classroom and vice versa.

Education is more than the acquisition of knowledge. Improving young people's understanding, skills, values and personal development can significantly enhance learning

and achievement. Learning outside the classroom is not an end in itself, rather we see it as the vehicle to develop the capacity to learn. It provides a framework for learning that uses surroundings and communities outside the classroom. This enables young people to construct their own learning and live successfully in the world that surrounds them.

By helping young people apply their knowledge across a range of challenges, EOTC builds bridges between theory and reality, schools and communities, young people and their futures. Quality learning experiences in 'real' situations have the capacity to raise achievement across a range of subjects and to develop better personal and social skills.





The Year 10 Adventure Challenge

Our Mission

To unlock the potential in King's College students through discovery and adventure in the wild.

Action	Outcome
Provide all students with a wide range of experiences outside the classroom, throughout their education at the College.	<ul style="list-style-type: none">• Provide inspiring activities that meet the needs of all students, whatever their age, ability or background.• Ensure activities offer first-hand experience of the world outside the classroom, practical and relevant learning and progression across key stages.• Provide a range of experiences that help develop key life skills, including personal learning, enquiry and thinking skills, and that deepen and enrich learning.

Our Aims

- Participation with a positive attitude
- Gaining confidence by taking on challenges
- Developing self-awareness and social skills
- Understanding the importance of conservation and sustainability
- Developing a range of outdoor skills
- Increasing initiative, self-reliance, acceptance of responsibility, perseverance, tenacity, resilience and commitment
- Developing communication, problem solving, leadership and teamwork skills
- Increase motivation for learning
- Broadening your horizons



Our Learning Objectives

1. Development of knowledge, understanding, skills and attitudes needed to maintain and enhance personal health and physical development through the outdoors.
2. Development of motor skills through movement, understanding movement and developing positive attitudes towards physical activity in the outdoors.
3. Development of understanding skills and attitudes that enhance interaction and relationships with others.
4. Participate in creating healthy communities and environments by being responsible and taking critical action.

Our Values

- Generosity of spirit
- Gratitude
- Honesty
- Moral courage
- Pursuit of learning
- Respect
- Spirituality
- Tolerance

The Process

An instructor will work with a group of students, guiding them through a series of adventurous and challenging outdoor activities that will include a strong 'journey' element.

Underlying this journey will be some course specific learning objectives, which intend to give students a better understanding of themselves, other people and the wider natural environment.

Instructors will aim to challenge all students, impelling them to go further than they believe possible, beyond perceived

physical, mental and emotional limits. This will enhance their belief in their own capabilities; developing capacities of mind, body and spirit to better understand one's responsibilities to self, others and the community.

Our aim is for a sense of satisfaction through achievement. Overall, the experience of the course should be outside of the students' normal experiences, but also enjoyable, as this supports learning retention.



Environment

Part of the Adventure Challenge is to introduce students to the natural environment, which will generally be unfamiliar and often challenging, to encourage them to reflect on their place in the wider world.

Learning

The courses will be set in context for King's students with specific learning objectives. The course will link the learning objectives, adventure and environment through a learning model.

Outdoor Education lends itself to the Plan-Do-Review model of learning. Instructors will give time for students to reflect through guided questions, constructive feedback and facilitation, reflecting back onto our King's College values, as well as those of Positive Education, the Round Square Pillars and Duke of Edinburgh Hillary Award.

Adventure Challenge

Students will spend approximately one month away from home and school on the Adventure Challenge. This will be divided up as follows:

- Eight days at King's College Venture Camp: Ahuroa, Puhoi
- Five days on Steinlager II: Sir Peter Blake's 85-foot Maxi Yacht
- Ten days at the Hillary Outdoors Centre: Tongariro National Park

During the month, students will take part in a broad spectrum of outdoor activities which may include: Tramping for the Duke of Edinburgh Bronze Award, Swimming, Kayaking, Bush Craft and Bush Survival, Camping, Orienteering, Navigation, Ropes Courses, Compass Courses, Abseiling, Firearms, Climbing Wall, Solo Experience, Problem-Solving, Trust Exercises, Sea Kayaking, Sailing, Snorkelling, Rock Climbing, Initiative/Confidence Course activities, Canoeing, Tubing, Caving, Snow Skills, River Walking and Ropes courses.

Please note: All of these activities are weather dependent and some are also seasonally dependent, so there may be a great degree of variation in activities undertaken by different classes.

TO BE THE BEST THAT WE CAN BE!

Key Areas of Development

- Enjoy participating in outdoor activities and adopt a positive attitude to challenge and adventure.
- Gain personal confidence and self-esteem through the ability to go beyond self-imposed limitations by taking on challenges and achieving success.
- Develop self-awareness and social skills, and an appreciation of the contributions and achievements of themselves and of others.
- Become alive to the natural environment and understand the importance of conservation and sustainable development.
- Acquire and develop a range of skills in outdoor activities, expeditions and exploration.
- Demonstrate increased initiative, self-reliance, acceptance of responsibility, perseverance, tenacity, resilience and commitment.
- Develop and extend the key skills of communication, problem-solving, leadership and teamwork.
- Learn to appreciate the benefits of physical fitness and the lifelong value of participation in healthy leisure activities.
- Display an increased motivation and appetite for learning that is contributing to raised levels of attainment in other aspects of their education.
- Broaden their horizons and become open to a wider range of employment opportunities and life chances.

2023 Adventure Challenge Dates

Class	Course	Ahuroa	Steinlager	Tongariro
10FEB	Wed 1 Feb – Tue 21 Feb	Wed 1 Feb – Wed 8 Feb	Wed 8 Feb – Sun 12 Feb	Sun 12 Feb – Tue 21 Feb
10MAR	Thu 23 Feb – Wed 15 Mar	Thu 23 Feb – Thu 2 Mar	Thu 2 Mar – Mon 6 Mar	Mon 6 Mar – Wed 15 Mar
10APR	Fri 17 Mar – Thu 6 Apr	Fri 17 Mar – Fri 24 Mar	Sun 2 Apr - Thu 6 Apr	Fri 24 Mar - Sun 2 Apr
10MAY	Wed 26 Apr – Tue 16 May	Wed 26 Apr – Wed 3 May	Wed 3 May – Sun 7 May	Sun 7 May – Tue 16 May
10JUN	Mon 22 May – Sun 11 Jun	Mon 22 May – Mon 29 May	Mon 29 May – Fri 2 June	Fri 2 Jun – Sun 11 Jun
10AUG	Mon 24 Jul – Sun 13 Aug	Mon 24 Jul – Mon 31 Jul	Mon 31 Jul- Fri 4 Aug	Fri 4 Aug – Sun 13 Aug
10SEP	Sat 26 Aug – Fri 15 Sep	Sat 26 Aug – Sat 2 Sep	Sat 2 Sep – Wed 6 Sep	Wed 6 Sep – Fri 15 Sep
10OCT	Mon 9 Oct – Sun 29 Oct	Mon 9 Oct – Mon 16 Oct	Mon 16 Oct – Fri 20 Oct	Fri 20 Oct – Sun 29 Oct





Y10 ADVENTURE CHALLENGE GEAR LIST

Over the course of your son's Ahuroa, Steinlager and Central North Island journey he will encounter weather conditions far beyond anything he will have experienced in the city or suburbs, e.g. one year students woke up to a southerly change and a minus 4 degree temperature change.

Students must have the suitable clothing and equipment as listed below.

Please ensure that you obtain all of the gear outlined on the list, please stick to this list, the correct gear will enhance your enjoyment of the experience. If your son is attending the College on a Scholarship, we can provide assistance gear, please contact Miss Bangs directly.

✓ *You may want to check off each item when you are packing your bags*

<input type="checkbox"/>	Sleeping bag (three season, should be good quality rated to 2 degrees or below)
<input type="checkbox"/>	Small day pack
<input type="checkbox"/>	Large backpack, min 65ltrs (if you don't have one, one can be borrowed at Ahuroa and Tongariro)
<input type="checkbox"/>	Soft bag, 60ltrs (for putting gear in on the boat – required on Steinlager)
<input type="checkbox"/>	2 x water bottles, min 1ltr each
<input type="checkbox"/>	Sandshoes / running shoes x 2 (jandals can be handy)
<input type="checkbox"/>	Tramping boots

Note: Tramping boots are a must, please borrow or buy them. Take them out for a walk at least 2-3 times for a couple of hours before you go on camp (blisters make any tramping experience painful and unpleasant).

<input type="checkbox"/>	Waterproof jacket and pants (gore-tex or reflex) – ESSENTIAL
<input type="checkbox"/>	Polypropylene / wool / fleece base layer -Top x 2, Bottoms x 2
<input type="checkbox"/>	Fleece top or fleece jacket x 2
<input type="checkbox"/>	Warm jacket (preferably not down)
<input type="checkbox"/>	Fleece bottoms x 1
<input type="checkbox"/>	Tracksuit bottoms
<input type="checkbox"/>	Old pants / trousers (for muddy / dirty activities)
<input type="checkbox"/>	Socks x 5 (woollen or thick socks, good quality and condition essential or blisters will ensue)
<input type="checkbox"/>	Sports socks x 5
<input type="checkbox"/>	Underwear x 7
<input type="checkbox"/>	Gloves (fleece or wool)
<input type="checkbox"/>	Sun hat
<input type="checkbox"/>	Warm hat or beanie
<input type="checkbox"/>	Sunglasses (these are essential for students to protect their eyes, especially on the water)
<input type="checkbox"/>	T-shirts x 5 (preferably dri-fit, no cotton please)
<input type="checkbox"/>	Shorts x 3 (suitable for swimming)

	Towels x 2
	Personal toiletries (soap, shampoo, etc. – no spray deodorant)
	Sunscreen and lip balm
	Head torch, spare batteries (reverse batteries in torch, so it cannot be accidentally turned on)
	Any personal medication (please inform camp staff about your medication and any medical issues)
	Simple first aid kit, sea sick pills if required
	Pens and pencils, pencil case (there will be workbooks to complete)
	Plastic bin bags x 4 (for dirty washing and wet gear)
	Laundry bags (to save your laundry from getting mixed up in the washing)
	Pillowcase
	Shorty wetsuit for kayaking and swimming on the boat (if you have one)
	Wet shoes for kayaking and beach walks (The Warehouse \$15 pair is fine)
	Camera
	Book
	Gumboots if you have them (especially for winter camps)
	Small amount of cash (for the purchase of lunch and snacks between locations – eftpos available)
	Lunchbox/ container (to store food on tramp)

Please note:

Denim jeans, cotton t-shirts and casual shoes are totally unsuitable for the conditions we will be encountering in the outdoors and the Hauraki Gulf. When they get wet they don't dry and are cold.

Do not bring IPod's and/or Mobile Phones, you will not need them. If you must bring a phone, please give it to the staff to look after at the beginning of the course, they will return it at the end. You may wish to bring a camera, but it will be your own responsibility.

You must have all of the above equipment to be prepared for your journey. The preference should be to borrow any gear from the above list that you do not personally own. Some gear can be borrowed from Ahuroa, i.e. backpacks if you are unable or the staff feel that the items that you have are not suitable for the conditions.

At the Central North Island, Adventure Specialties have some gear that can be borrowed e.g. backpacks, wetsuits, fleece layers. It would be advisable for students to have as much of this gear as possible for the four weeks, obviously without a huge outlay. Fleece and polypro can be very cheap, it is all the same product regardless of the label!

If you have any questions about gear please don't hesitate to contact us and we shall endeavour to help.

There are laundry facilities at Ahuroa and in the Central North Island so we shall wash the boys clothes several times, and we shall "store" some of the boys gear when we are on the boat due to the very limited space available on-board.

Waterproof and Outdoor Clothing

It is essential that each student has their own personal set of Gortex or Reflex waterproof jacket and trousers for use during the camp.

On Steinlager students may opt to use some of the Sailing Gear on-board, others will stay with their own waterproof gear.

Good quality waterproof jacket, trousers and other outdoor clothing on the gear list can be brought from any of the outlets listed below.

<https://www.macpac.co.nz/>

MACPAC: Silverdale, Albany, Onehunga, Westgate, Queen Street, Ponsonby, Newmarket, St Lukes, Sylvia Park, Botany

They will offer King's College students 30% off all non-sale items and a set discount on all non MacPac items too. - excellent knowledgeable staff.

www.bivouac.co.nz/

BIVOUAC / OUTDOOR: Sylvia Park, Newmarket, Queen St

Please mention that you are from King's College and you will get 20% off most items – excellent knowledgeable staff.

www.torpedo7.co.nz/

TORPEDO 7: Mt Wellington / K Road

Please mention that you are from King's College and you will get 20% off most items – excellent knowledgeable staff.

www.outfittersstore.nz/

Outfitters: 22 Marrow St Newmarket.

They will offer King's College students 25% off all Rab and Lowe Alpine gear, as well as a discount on the other gear outside of these brands. They have a very good range of items and product knowledge.

Gear Rental

www.livingsimply.co.nz/

Living Simply is an outdoor clothing and equipment specialty store that has been trading in Newmarket (Auckland, New Zealand) since 1988. They offer a range of Hire equipment including boots, packs, water proofs and sleeping bags.

Equipment information

Sleeping Bags

It is particularly important for your son to have a suitably warm and practical sleeping bag. Down or feather sleeping bags can be light and warm, however once down is wet, it has absolutely no insulation properties, is extremely difficult to dry and worse, is easily ruined. We would highly recommend a synthetic sleeping bag. A synthetic sleeping bag can keep you warm when wet and it will dry easily.

Outfitters has absolutely the best synthetic sleeping bag on the New Zealand market, it's used by some of the team. Rab Ignition. Probably the best sleeping bag for New Zealand conditions on sale in New Zealand. New Zealand bush is usually cold and wet, choose which season rating is best suited.

The table below is the team's recommendations for gear from MacPac and considers practicality and price. If you use the list make sure to carefully match it with the official kit list and supplement it with other gear.

Useful Information for Parents

Lists and Forms:

The following forms/lists can be found on our website, under 'Life at King's', 'Co-curricular', then click on 'Year 10 Adventure Challenge'.

- Medical Consent Form and Student Contract
- Gear List

Websites we recommend visiting:

NZ Sailing Trust — www.nzsailingtrust.com

Ahuroa Community Service — www.mataia.co.nz/mataia-restoration-project

Adventure Specialities — www.adventurespecialties.co.nz

Year 10 Adventure Challenge Structure

Headmaster
Mr Simon Lamb

Deputy Head – Pastoral
Mr Robert Griffiths

EOTC Coordinator
Ms Courtnee Bangs

**Specialist in Charge of Year 10
Adventure Challenge / Ahuroa
Centre Manager**
Mr Josh Geddes

Contracted Staff
New Zealand Sailing Trust
Adventure Specialities Trust

Role	Name	Contact
Deputy Head – Pastoral Emergency contact 1	Mr Robert Griffiths	Ph: 09 276 0627 , Mob: 021 258 0065 r.griffiths@kingscollege.school.nz
Deputy Headmaster Emergency contact 2	Mr John Payne	Ph. 09 276 0627, Mob. 027 235 9053 j.payne@kingscollege.school.nz
EOTC Coordinator (In hours contact)	Ms Courtnee Bangs	Ph. 027 920 4888 c.bangs@kingscollege.school.nz
Specialist in Charge of Year 10 Adventure Challenge / Ahuroa Centre Manager (camp based – contact for all camp specific enquiries)	Mr Josh Geddes	Ph. 027 865 4755 j.geddes@kingscollege.school.nz
Medical Assistant (Medical support – College based)	Ms Amanda Best	09 276 0600 ext. 624 a.best@kingscollege.school.nz
Administration Assistant (Administration support – College based)	Mrs Kat Kennedy	09 951 9716 k.kennedy@kingscollege.school.nz



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