Delivered in proud partnership with ...

www.thebeachschool.eq.edu.au

Australia's Cleanest Beach 2010 - 2011

Keep Australia Beautiful

Clean Beaches

Australia’s Cleanest Beach

2010 - 2011

My Beach School Experience

Courtesy  Co-operation  Consideration  Common Sense

Delivered in proud partnership with ...

Name: __________________
School: __________________
Class: __________________
Group: __________________
Welcome to the commencement of your Tallebudgera Beach School camping journey. Your student diary has been specifically designed to extend your camp experience well beyond the time you spend at camp. Please take pride in your diary as it will stimulate many new learning experiences and provide you an opportunity to reflect on these.

The traffic lights found throughout this booklet indicate when activities need to be completed:

**Before Camp** - Green traffic lights indicate activities to be completed prior to camp. Completion of this work will give you some background information about Tallebudgera and its surroundings, information about camp rules / routines and a basic understanding of what you will learn at camp.

**During Camp** - Orange traffic lights indicate activities to be completed during camp. Once completed these activities will reinforce learning and assist you in capturing your thoughts, feelings and events during your stay. A weekly prize will be issued to the most outstanding diary at the completion of the camp.

**After Camp** - Red traffic lights indicate activities to be completed after camp. These activities are designed for you to reflect on your time and experiences with us, hopefully allowing you to identify the positives with which camp provided you. There is also provision for you to evaluate us in the hope that we can further improve our program and operations. Once totally completed your diary should become a valuable keepsake of your time at camp.

(Version 4: Issue Date June 2012)
# Table of Contents

<table>
<thead>
<tr>
<th>Completion Time</th>
<th>Topic</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>History of the Beach School / National Winners</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Personal Growth / Keys to Success &amp; Happiness</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>A Standard Day at The Beach School / Can You Solve the Following?</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Problem Solving Strategies / Beach School Motto / What Are Challenges?</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Research a Hero</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>‘Camp Challenges’</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>The History of Burleigh Mountain</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Aboriginal Art</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>Become an Educated Basic First Aider ... It Could Save Lives</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>Healthy Waterways</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td>Welcome to The Beach School / Cabin Inspection</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>Surf Awareness Crossword / Tobogganing</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>Aerial Photo of Tallebudgera Recreation Centre</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>Be Surf Smart / Environmental Awareness</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>Healthy Waterways Activity / How Healthy and Active Are You?</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>What To Wear – Get Yourself Organised / My Tallebudgera Timetable</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td>Jellurgal and the Yugambeh People</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>Effective Teamwork / Healthy &amp; Active Personal Profile</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td>How Do You Relax?</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td>Camp Reflections</td>
<td>23</td>
</tr>
<tr>
<td></td>
<td>Camp Answers</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td>Let’s Get Sustainable / Your Personal Challenge at Camp</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td>Get Your Surf Awareness Certification / Room to Write / Post Camp Evaluations</td>
<td>26</td>
</tr>
</tbody>
</table>
Tallebudgera Beach School is located in a unique ___________ environment rich in indigenous history. The__________________ people, traditional owners of the land, gathered at ________________Creek, estuary, surf beach and _________________ in an annual celebration steeped in traditional and customs.

This site was also used as a ____________ rest and recreation facility for armed service personnel, and then Beach Camps for________________ children commenced in the__________.

It has developed into _________________ premier recreational and outdoor education venue.

Since 1966, ________________ from all over Queensland have participated in the Tallebudgera Beach School’s traditional camp program. Over 8,000 students attend 5 day camps each year at what is the best aquatic adventure site in ________.

Aquatic Adventure, Surf Safety, Personal Development, Problem Solving, Team Building, Leadership and Indigenous Culture activities dominate the “________ _____________” program.

Tallebudgera Beach School, an Education Queensland Outdoor Education Centre, is the largest _________________ School in Australia.

Did You Know?
- As well as Surf Awareness Residential ______________ our organisation also delivers Day Programs, Currumbin Farm Campus Programs, and is a Registered Training Organisation.
- Over ________________ attend our range of programs each year, supported by over ______ school staff.

National Winners

Tallebudgera Beach School – Australia’s Cleanest Beach 2010 - 2011

The Beach School Motto of ‘let the outdoors be yours’ is designed to ignite a passion for outdoor activities. The Beach School aims to develop individual accountability for, and an appreciation of, the natural environment, which will continue long after the student’s camp experience.

The coveted 2010-11 ‘Keep Australia Beautiful’ award is an acknowledgement of the outstanding sustainability practices of the 8500 students and teachers who attend TBS annually. These programs are also supported locally by the Gold Coast City Council, Gold Coast Tourist Parks & Tally SLSC and community groups such as the Griffith University Centre for Coastal Management Programs.
# Personal Growth

## The 5 Keys to Success & Happiness

<table>
<thead>
<tr>
<th>Do I:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Give effort</td>
<td></td>
</tr>
<tr>
<td>• Work tough</td>
<td></td>
</tr>
<tr>
<td>• Think successfully</td>
<td></td>
</tr>
<tr>
<td>Do I:</td>
<td></td>
</tr>
<tr>
<td>• Set goals</td>
<td></td>
</tr>
<tr>
<td>• Plan my time</td>
<td></td>
</tr>
<tr>
<td>Do I:</td>
<td></td>
</tr>
<tr>
<td>• Accept myself</td>
<td></td>
</tr>
<tr>
<td>• Take risks and not be afraid</td>
<td></td>
</tr>
<tr>
<td>• Work well independently</td>
<td></td>
</tr>
<tr>
<td>Do I:</td>
<td></td>
</tr>
<tr>
<td>• Use the 4Cs – co-operation, consideration, courtesy, common sense</td>
<td></td>
</tr>
<tr>
<td>Do I:</td>
<td></td>
</tr>
<tr>
<td>• Have positive thoughts</td>
<td></td>
</tr>
<tr>
<td>• Make appropriate and informed decisions</td>
<td></td>
</tr>
<tr>
<td>• Bounce back from a negative experience</td>
<td></td>
</tr>
</tbody>
</table>

## Rate Yourself on the Keys to Success & Happiness

### Persistence
Do I try hard and work tough to complete tasks?

<table>
<thead>
<tr>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
</table>

### Organisation
Do I listen carefully, set goals, plan my time, keep things tidy and aim to do my best?

<table>
<thead>
<tr>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
</table>

### Confidence
Do I work independently, accept myself and believe that I will be successful?

<table>
<thead>
<tr>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
</table>

### Getting Along
Do I make friends, work well with and help others, follow rules and resolve arguments peacefully?

<table>
<thead>
<tr>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
</table>

### Resilience
Do I remain calm in challenging situations when very upset? Do I bounce back quickly?

<table>
<thead>
<tr>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
</table>
A Standard Day at The Beach School

Access the Beach School website to complete this page:
www.thebeachschool.eq.edu.au
Surf Awareness Residential Camp > Information for Parents / Students
> General Camp Routines

Did you know?
Tallebudgera is a name derived from the aboriginal language
“tallee” meaning fish & “budjerie” meaning good

Can You Solve The Following?

Problem 1
If there are 2 canoes behind 2 canoes and 2 canoes in front of 2 canoes and 2 canoes between 2 canoes how many canoes all together? (Hint: Draw pictures)

Problem 2
Draw 3 lines inside of the blue box joining A with A, B with B and C with C, however lines must not cross over.

Problem 3
Relocate 3 lines only to have the fish facing the opposite direction. (Hint: Try using toothpicks)
Problem Solving Strategies

Problem solving requires a plan of attack … ‘A goal without a plan is merely a dream’.

If you have managed to solve some of these problems you have planned and used a logical sequence to achieve your outcome. The Beach School likes to refer to this sequence as PAR.

P = Plan  What are we attempting to achieve and what strategy should be used?
A = Act  Putting strategies into place.
R = Review  Was my strategy successful? And if not, try another strategy.

Remember if at first you do not succeed try, try again. PAR is an important element of the Beach School program. Please learn these steps prior to your arrival at camp.

The Beach School Motto (4C’s)

Select one of the 4C words below, that best describes each statement. Write your answer in the space provided.

<table>
<thead>
<tr>
<th>Courtesy</th>
<th>Consideration</th>
<th>Co-operation</th>
<th>Common Sense</th>
</tr>
</thead>
</table>

If at the Tallebudgera Beach School I:

...wore a hat and put on sunscreen regularly
C____________

... used my manners and listened intently to teachers’ instructions
C____________

... helped a friend who was upset and feeling homesick
C____________

... offered to assist a teacher by carrying their first aid kit
C____________

... remained quiet after lights out to ensure my cabin buddies could sleep
C____________

... thanked my teachers for organising camp for me
C____________

What are Challenges?

The definition of a challenge is: ‘A call to engage in a contest by testing your abilities.’
Through facing and conquering challenges an individual will learn about themselves. This learning is called personal growth. Elements of personal growth are outlined below.

Organisation:  Setting goals and developing strategies for achievement.
Confidence:  Believing in yourself and being able to work independently.
Persistence:  Never giving up, giving effort and being able to work tough.
Resilience:  Having positive thoughts and making informed decisions.

- Read the Jessica Watson story on the next page and discuss in class how her challenge has shaped her personal growth.
- Discuss these key words – organisation, confidence, persistence, resilience.
- Discuss why the 5th Key to Success - Getting Along - was not referred to in the list above.
Jessica Watson is an Australian hero who has met life’s challenges head on by testing her abilities and finding something special from within herself to overcome the hardships and achieve her goal.

**Life’s Challenge:** Through her childhood years Jessica Watson dreamed of sailing around the world non-stop and unassisted. Her ambition was to be the youngest person ever to do so.

**Conquering The Challenge:** After extensive planning, time, effort and endeavour to find financial backing, Ella’s Pink Lady was launched for some pre-trip trials. During a test run, Jessica had a collision with a 63,000 tonne bulk carrier. As a result, Jessica was heavily criticised and called irresponsible, foolhardy and ignorant to attempt such a monumental feat. Despite her critics and at the age of 16, Jessica set sail on the 18th October 2009 for the adventure that would change her life forever. During her epic voyage of 210 days, she experienced at least seven knock-downs by huge seas. At times her boat was held more than 3 metres underwater by the force of these massive waves.

**Rewards:** Jessica is now widely recognized as the youngest person to complete a round the world voyage. She has shown that through goal setting, thorough preparation and with support, ordinary people are capable of achieving the extraordinary.

Jessica said, "I hated being judged by my appearance and other people’s expectations of what a ‘little girl was capable of’. I wanted to challenge myself, achieve something to be proud of and inspire people.”

She is now a role-model to people around the world, showing that with courage and determination your dreams can become a reality.

[This page has been produced with the support and approval of Jessica Watson & 5 Oceans Media]
Research a Hero

Now, select someone whom you consider to be a hero and complete the following activity:

**Life’s Challenge** (How was your hero challenged?)

__________________________________________________________
__________________________________________________________
__________________________________________________________

**Conquering The Challenge**

(What abilities were tested and used to reach their goal?)

__________________________________________________________
__________________________________________________________
__________________________________________________________

**Rewards** (What was the outcome and how has it affected your hero’s life?)

__________________________________________________________
__________________________________________________________
__________________________________________________________

Camp Challenges

Underline one aspect of Personal Growth that will challenge you the most at Camp:

- Co-operating with others
- Taking responsibility for your belongings
- Being polite
- Being away from family and friends
- Following rules and instructions
- Using common sense
- Maintaining good personal hygiene (eg. brush teeth / showers)

List 2 strategies / abilities that will assist you in overcoming this challenge

1. ____________________________
2. ____________________________

Circle the photo of the activity below that will most challenge you at camp:

- Visit the Tallebudgera Beach School website and view the activity podcasts to assist with your selection.

  www.thebeachschool.eq.edu.au\Residential Camps\Camp Activities

List 2 strategies / abilities that will assist you in overcoming this challenge. Discuss this with parents, teachers and / or friends to assist you with your answers.

1. ____________________________
2. ____________________________

“Whether you decide you can or you can not you are 100% correct”
Read the passage and put a line through each incorrect word.

Where is Burleigh Mountain and why is it important to the Beach School?

Burleigh Heads National Park covers 2.76 square *metres / kilometres* and is 6 times the size of the Tallebudgera Beach School site. Situated at Burleigh Heads in south-east *Brisbane / Queensland*, it was gazetted as a national park in 1947 and is now the only Gold Coast rocky headland that reflects its natural state. Habitats including lowland rainforest and *pandanus / lemon* groves are conserved within the park. Over 8000 students from the Beach School walk the mountain *monthly / annually* where they can be educated about geological formations, marine studies, indigenous heritage and even take in the spectacular views at the lookout where Northern *Territory / NSW* is clearly visible.

How was Burleigh Mountain formed?

The formation of Burleigh headland began between 23 - 25 *million / thousand* years ago when a volcano in the Gold Coast hinterland erupted. The core of the volcano exists today and is known as Mount *Danger / Warning*, so named by Captain *Cook / Phillip* during his early exploration of Australia. During the volcano’s eruption, molten basalt lava flowed down valleys before reaching the ocean in some cases. Rapid *cooling / heating* from the ocean caused contraction of this thick lava resulting in the creation of a natural geological phenomenon, the formation of long *hexagonal / rectangular* basaltic columns. Over millions of years *wind / wave* action and rain seepage have eroded the softer underlying sedimentary rock, resulting in columns of basalt falling seaward as evidenced by the boulder strewn shoreline.

---

Mt Kosciusko
2228m

Original Tweed Volcano 2000m

Mt Warning 1100m

Q1 Residential 332.5m

Burleigh Heads 79m
Aboriginal Art

The symbols or icons used in contemporary Aboriginal paintings are the same as those found on cave paintings and rock engravings. Australian Aboriginal art and culture encompasses a belief in the time past when creation spirits roamed the countryside forming rivers, rock formations, waterholes and hills.

Decorate the boomerang above using dot and line art techniques similar to the coloured example. Your boomerang could include one or a mixture of the Tallebudgera Beach School activity groups Sharks, Pelicans, Squid, Mantas and Muddies.
Become an Educated Basic First Aider .... It could save lives

Remember...

1. NEVER PANIC

2. ALWAYS KEEP YOURSELF SAFE

…also, remember just being there and reassuring them will make them feel better.

For Strains, Sprains and Bruises use the R.I.C.E.R Treatment Plan:

<table>
<thead>
<tr>
<th>Use the words below to complete the text:</th>
<th>R: REST the injured area to prevent the injury from getting ______.</th>
</tr>
</thead>
<tbody>
<tr>
<td>bandage</td>
<td>I: ICE the injured area to reduce the ______ flow. This will assist with excessive swelling.</td>
</tr>
<tr>
<td>patient</td>
<td></td>
</tr>
</tbody>
</table>
| worse | C: COMPRESSION needs to be applied to the injured area. In most cases you will use a _________.
| heart | E: ELEVATE the injured area above the _________ to reduce swelling. |
| blood | R: REFER the ______ on for further medical assessment. |

For Bleeding, sequence the steps that you would take to prevent your own blood loss:

Draw a line to put these steps in the correct order:

Step 1
- Elevate injured area and rest.
Step 2
- Seek medical aid if bleeding persists.
Step 3
- Apply direct pressure.
Step 4
- Apply firm bandage.

For an Unconscious person, still breathing place them in the recovery position.

Your Task – Find a friend or family member and practise placing them in the ‘recovery position’. 

Step 1: Ensure the patient is breathing. Place one arm out and the other arm folded to touch the shoulder.

Step 2: Support the head and lift the knee. Keep your knees close to the body of your patient. Roll her gently away from you.

Step 3: Recovery Position - Do Step 2 very carefully and slowly so that you do not cause any other injury.

This helps them to maintain a clear airway which may save their life.

3. GET HELP AS SOON AS POSSIBLE
Healthy Waterways

The Tallebudgera Beach School is thrilled to work in conjunction with Healthy Waterways. The Healthy Waterways tagline – *because we're all in the same boat* – highlights how we need to plan and work together to improve the health and management of the waterways in South East Queensland. The vision of Healthy Waterways reminds us all of the need to take action. Please visit the Healthy Waterways website to complete the following tasks:

**Task A:**
Answer the questions below after viewing the animation.

1. Outline the 3 key threats of floods on catchment health?
   ____________________  ____________________  ____________________

2. What issue do you consider to be the most important and why?
   __________________________________________________________________________

3. What actions can you take to build resilience in our waterways against future flood events?
   __________________________________________________________________________
   __________________________________________________________________________

**Task B:**
Visit the Healthy Waterways website below:
[http://www.healthywaterways.org/HealthyWaterways/Education/WaterCycleActivity.aspx](http://www.healthywaterways.org/HealthyWaterways/Education/WaterCycleActivity.aspx)

Hover over the words on the screen to assist you in finding definitions for the following:

Transpiration __________________________ Condensation  _________________________
Infiltration __________________________ Groundwater  _________________________
Evaporation __________________________ Precipitation _________________________
Wetland __________________________________________________________________
Welcome to The Beach School

Beach School Instructor: ________________ Other Schools on Camp: ______________________
Cabin Members: ___________________________________________________________________
Numbers from Your School on Camp: _______ Total Number of Students on Camp: ___________

Cabin Inspection

Additional bonus points for your activity group can be gained through cabin inspection. These will be awarded during our morning parades. Use the table below to record your results.

To maximise your score, you should complete the following things to ensure your cabin is clean and tidy:

- Sweep dry floors only & clean wet areas
- Beds made neatly
- Bags closed and neatly arranged
- Toilet checked and in good condition
- All cabin members present and well groomed
- Wet shoes neatly positioned away from pin coded doors
- Ensure lockers are clean and tidy
- Diary work displayed
- Shoes arranged neatly inside cabins
- Wet clothes hung out to dry
- Furniture neatly arranged

To further improve your score, the inspector will also look at sustainable elements within your cabin and these could include:

- Cabin and cabin surrounds free from rubbish
- Using natural lighting - curtains open / lights off
- Water bottles being displayed / used.
- Use natural cooling / fans off
- Taps are not leaking

<table>
<thead>
<tr>
<th>Cabin Inspection</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleanliness - 15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sustainability - 5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Totals</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Warning – Please keep fingers well away from self closing cabin doors!
Surf Awareness Crossword

Across
1. These must be used outside the patrolled swimming area.
7. You can ride this craft between the flags.
8. These provide information about the beach and conditions.
14. Plunging waves are also called this.
15. Applied every 3 hours to protect skin from harmful UV rays.
16. If caught in a rip you must remain ____ and signal for help.

Down
2. NE winds will wash these nasty creatures onto the beach.
3. Strong current of water moving away from the beach.
4. At the beach know your limits, take care and play _____.
5. Never swim or surf _____.
6. Red flags indicate that the surf is this.
9. These waves are fun and safe for riding.
10. ________ can lead to serious problems later on in life.
11. A wave that has no white water & has not broken.
12. A volunteer person trained to keep the beach safe.
13. Always swim between these types of flags.

Toboggananing

<table>
<thead>
<tr>
<th>BEFORE</th>
<th>AFTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How are you feeling right now?</td>
<td>2. How is your group feeling?</td>
</tr>
<tr>
<td>3. How are you feeling now?</td>
<td>4. How is your group feeling now?</td>
</tr>
</tbody>
</table>

What did you learn about yourself?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How can you use this new understanding about yourself in the future?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Aerial Photo of Tallebudgera Recreation Centre
Our Club Talle sponsor is pleased to provide support for surf safety and basic first aid education.

Be Surf Smart

Please circle the appropriate answer:
1. A sweep is something the lifeguard does to clean the beach. **True** **False**
2. Spilling waves are the safest waves for body surfing. **True** **False**
3. To attract attention in the water, wave both arms in the air. **True** **False**
4. If caught in a rip you should swim straight into the beach. **True** **False**
5. The Recovery Position helps to maintain a clear airway. **True** **False**
6. You should ring 911 to get emergency assistance. **True** **False**
7. The red and yellow flags show the safest part of the beach for swimming. **True** **False**
8. A red flag on the beach means it is safe to swim but only with a friend. **True** **False**
9. Ice is the preferred treatment to ease the pain of a bluebottle sting. **True** **False**
10. On discovering an unconscious patient, checking the pulse is the first priority. **True** **False**

Environmental Awareness

<table>
<thead>
<tr>
<th>Fish Trap</th>
<th>Midden Site</th>
<th>Bush Tucker</th>
</tr>
</thead>
</table>

What’s The Message?

What Action Can You Take?
Healthy Waterways Activity

Read each information plaque on the Healthy Waterways mural. At the bottom of each plaque there are a series of letters in Red. Unscramble to make a word, the word you are searching for appears in the information plaque. Add the words below to complete this activity.

My a _ _ _ _ _ _ _ will have impacts on w _ _ _ _ _ _ _ , w _ _ _ _ _ _ _ , animal h _ _ _ _ _ _ _ _ and e _ _ _ _ _ _ _ _ _ around the world. So be the S __ _ _ _ _ _ and prevent W _ _ _ _ _ _ _ P _ _ _ _ _ _ _ _.

During Camp, record how health conscious you’ve been in relation to diet, physical activity, and being sun smart:

<table>
<thead>
<tr>
<th>Ask Yourself … and circle the appropriate response either A, B or C</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How much water did you drink today? (remember your TBS drink bottle holds 750ml)</td>
<td>1 bottle or less</td>
<td>A</td>
<td>A</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td>2 bottles</td>
<td>B</td>
<td>B</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td>3 bottles or more</td>
<td>C</td>
<td>C</td>
<td>C</td>
</tr>
<tr>
<td>2. How many times did you apply sun cream? (sunscreen should be applied every 2 hrs for water activities)</td>
<td>0 - 1 times</td>
<td>A</td>
<td>A</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td>2 - 3 times</td>
<td>B</td>
<td>B</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td>4 times or more</td>
<td>C</td>
<td>C</td>
<td>C</td>
</tr>
<tr>
<td>3. How many servings of vegies and fruit did you eat? (experts recommend 5 vegetable &amp; 2 fruit servings per day)</td>
<td>0-2 servings</td>
<td>A</td>
<td>A</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td>3-5 servings</td>
<td>B</td>
<td>B</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td>6 or more servings</td>
<td>C</td>
<td>C</td>
<td>C</td>
</tr>
<tr>
<td>4. Did you brush your teeth &amp; have a shower?</td>
<td>Completed neither</td>
<td>A</td>
<td>A</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td>Completed 1 task</td>
<td>B</td>
<td>B</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td>Completed both tasks</td>
<td>C</td>
<td>C</td>
<td>C</td>
</tr>
<tr>
<td>5. How many minutes of physical activity did you participate in today?</td>
<td>Less than 1 hour</td>
<td>A</td>
<td>A</td>
<td>A</td>
</tr>
<tr>
<td></td>
<td>Between 1 – 2 hours</td>
<td>B</td>
<td>B</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td>More than 2 hours</td>
<td>C</td>
<td>C</td>
<td>C</td>
</tr>
</tbody>
</table>

Did you know?
Experts recommend 30 minutes of activity per day to ensure good health and maintain physical fitness.

To assist with your wellbeing why not visit www.thepolarshop.com.au to check out their full range of Polar Heart Rate Monitors at great prices.

My Camp Reflections
To improve my health after camp I will do the following 3 things:

Did you know?
Your brain is 80% water & your body is 70% water so stay healthy by drinking 8 glasses of water per day.
### What to Wear – Get Yourself Organised

#### CANOEING / SAILING
- hat & water bottle
- shirt with sleeves
- shorts or boardies
- enclosed wet shoes
- swimmers
- sunscreen
- towel

#### TOBOGGANING
- hat & water bottle
- shirt with sleeves
- shorts or boardies
- sunscreen
- footwear
- towel

#### BODY BOARDING
- waterbottle
- swimmers
- or boardies
- sunscreen
- hat

#### SWIM SESSIONS
- hat & water bottle
- shirt with sleeves
- shorts or boardies
- swimmers
- sunscreen
- towel
- footwear

#### DRY LAND SESSIONS
- hat & water bottle
- shirt with sleeves
- shoes and socks
- sunscreen

### My Tallebudgera Timetable

<table>
<thead>
<tr>
<th></th>
<th>Time</th>
<th>Morning Activity</th>
<th>Afternoon Activity</th>
<th>Night Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day</td>
<td>1</td>
<td>Camp Induction</td>
<td>Where I felt</td>
<td>Where I felt</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Where I felt</td>
</tr>
<tr>
<td>Day</td>
<td>2</td>
<td></td>
<td>Where I felt</td>
<td>Where I felt</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Where I felt</td>
</tr>
<tr>
<td>Day</td>
<td>3</td>
<td></td>
<td>Where I felt</td>
<td>Where I felt</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Where I felt</td>
</tr>
<tr>
<td>Day</td>
<td>4</td>
<td></td>
<td>Where I felt</td>
<td>Where I felt</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Where I felt</td>
</tr>
<tr>
<td>Day</td>
<td>5</td>
<td></td>
<td>Where I felt</td>
<td>Depart Camp</td>
</tr>
</tbody>
</table>

#### Insert Emotional Faces

- Confident & Informed
- Afraid & Scared
- Excited & Thrilled
- Anxious & Uncomfortable
- Bored & Uninterested
- Interested & Curious
- Frustrated & Overwhelmed
- Proud & Satisfied
- Fun & Enjoyable
- Hardworking & Committed
What did Burleigh Mountain mean and why is it important to the Aboriginal people?

Burleigh Mountain is referred to as ___________ by the Kombumerri people, who belong to the ____________ language group. Jellurgal was a focal point in the lives of the Kombumerri people and a sacred place protected by powerful spirits. Jellurgal was formed a long, long time ago by ____________, the Creation Spirit. The Yugambeh legend tells that Jabreen slept after feeding on honey from stingless native bees (sugarbag). As he awoke he stretched his arms skywards. The land followed his fingers upwards to cover him and create the existing Burleigh Mountain. His giant rocky ____________ can still be seen today stretching out from the easterly section of the headland.

What evidence tells us that Aboriginal people frequented this area?

Evidence of fish traps built by Aborigines still exist although partially covered by sand on the southern shores of ____________ Creek. The park also contains significant shell ____________: these are known by the aboriginal people as ____________ sites. There were 2 of these rubbish dumping sites on the mountain, where after a feast the bones, shells, etc. were carefully placed in specific areas. If they looked after and respected the land by not discarding ____________ everywhere the good spirit Biami would reward their hunters by keeping ____________ in their area. Kombumerri people deliberately lit fires to clear out the undergrowth but despite this the south eastern corner of the land has remained relatively barren and sparse.

If the Mountain was so important to them why would they light fires?

Fire stick farming was done seasonally by the Kombumerri people to improve the ____________ of the land. As many native plants would not ____________ unless fired, the fires actually started new plant life which in turn benefited hunting by attracting more ____________. By clearing out the undergrowth, woodland hunting with a ____________ was easier.
Effective Teamwork

<table>
<thead>
<tr>
<th>Activity 1: __________________________</th>
<th>Activity 2: __________________________</th>
</tr>
</thead>
</table>

### Communication
(discuss – listen – plan – review – justify)

<table>
<thead>
<tr>
<th></th>
<th>1 Poor</th>
<th>2 Below Average</th>
<th>3 Average</th>
<th>4 Above Average</th>
<th>5 Outstanding</th>
</tr>
</thead>
</table>

### Participation
(execute plan – cooperate – include others – being involved – contribute)

<table>
<thead>
<tr>
<th></th>
<th>1 Poor</th>
<th>2 Below Average</th>
<th>3 Average</th>
<th>4 Above Average</th>
<th>5 Outstanding</th>
</tr>
</thead>
</table>

### Support
(encourage – praise – celebrate – assist – acknowledge)

<table>
<thead>
<tr>
<th></th>
<th>1 Poor</th>
<th>2 Below Average</th>
<th>3 Average</th>
<th>4 Above Average</th>
<th>5 Outstanding</th>
</tr>
</thead>
</table>

### Overall Score / 15

- On reflection, I did / did not improve and this is because ______________________________

- In the process I learnt that I _______________________________________________________

- To be a better team member in the future I will ______________________________________

---

### Healthy & Active Personal Profile?

To be completed on the last night of camp.

<table>
<thead>
<tr>
<th>Q1. Do I drink enough water?</th>
<th>Your Total Score:</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-4 You must drink more water to hydrate you body.</td>
<td></td>
<td>Needs Improvement</td>
</tr>
<tr>
<td>5-7 Your water intake is OK but you could drink more!</td>
<td></td>
<td>Satisfied</td>
</tr>
<tr>
<td>8-9 Congratulations! You’re a water guzzler!</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Q2. Do I apply enough sun cream?</th>
<th>Your Total Score:</th>
<th>(Circle Please)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-4 More regular application of sunscreen is required.</td>
<td></td>
<td>Needs Improvement</td>
</tr>
<tr>
<td>5-7 Well done for wearing sun cream, but you need to reapply.</td>
<td></td>
<td>Satisfied</td>
</tr>
<tr>
<td>8-9 Excellent work. Your skin thanks you!</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Q3. Do I eat enough fruit &amp; vegetables?</th>
<th>Your Total Score:</th>
<th>(Circle Please)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-4 You need to eat more fruit and veg to stay healthy.</td>
<td></td>
<td>Needs Improvement</td>
</tr>
<tr>
<td>5-7 Well done, but remember 2 &amp; 5 every day.</td>
<td></td>
<td>Satisfied</td>
</tr>
<tr>
<td>8-9 Keep up the good work! You are fruit-tastic.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Q4. Do I have good personal hygiene?</th>
<th>Your Total Score:</th>
<th>(Circle Please)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-4 More effort required with your personal hygiene.</td>
<td></td>
<td>Needs Improvement</td>
</tr>
<tr>
<td>5-7 You are doing some good things but could do a bit extra</td>
<td></td>
<td>Satisfied</td>
</tr>
<tr>
<td>8-9 Well done. Your cabin buddies thank you.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Q5. Do I do enough Physical Activity?</th>
<th>Your Total Score:</th>
<th>(Circle Please)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-4 You need to be more active daily to stay healthy.</td>
<td></td>
<td>Needs Improvement</td>
</tr>
<tr>
<td>5-7 Good activity level. Build on your current level of fitness.</td>
<td></td>
<td>Satisfied</td>
</tr>
<tr>
<td>8-9 You are an active little person. Your heart thanks you!</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
How Do You Relax?

Please circle the activities below that you consider enjoyable or relaxing:

For some people, it is important to have a quiet place to simply sit, think, relax, and breathe - a place of your own. Sometime this week, find a such place where you can spend time on your own to complete the following:

**Step 1** - Trace around your hand to make an outline in the space below.

**Step 2** - Close your eyes and relax for a couple of minutes. Listen to the noises and smells around you; think about your time at camp. How are you going? Have any of the activities challenged you? How have you helped your friends/group? Are you proud of yourself for giving things a go?

**Step 3** - Fill in the outline of your hand with whatever you were feeling or thinking about. This could be words, pictures, colours, shapes. Keep this as a memory of your camp experience.
Why do we have cabin inspection and dining room clean up?

During

After spending quiet time at camp I felt ...

What new learning has happened for me at camp?

My special place at home is ...

List 3 words that best describe your camp experience?

How have I changed since I arrived at camp?

The best thing about camp was ... and why?

Why do you think we wanted you to come to camp?

We have rules at Camp to ...

The most enjoyable thing about sharing my cabin with others is ...

Why do we have cabin inspection and dining room clean up?

What new learning has happened for me at camp?

After camp I would like to keep in contact with __________ because ...

The best thing about camp was ... and why?

The most enjoyable thing about sharing my cabin with others is ...

After spending quiet time at camp I felt ...

How have I changed since I arrived at camp?

List 3 words that best describe your camp experience?
Did you know?
By soaping your hands before you turn the tap on you could save up to 2 litres per wash.
This equates to an average annual saving of 5000 litres.

Did you know?
Only 3% of the Earth’s water is fresh. The remaining water is located in our oceans, rivers and creek.
So please use fresh water wisely.
Let’s Get Sustainable

We all need to take responsibility for looking after our environment. Every person can make a difference. Please tick the positive things that you can do to make a difference.

Sustainable Behaviours

<table>
<thead>
<tr>
<th>Sustainable Behaviours</th>
<th>At Home</th>
<th>At School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restrict showers to approximately 2 or 3 minutes.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>When in National Parks take only photographs and leave only footprints.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use renewable energy sources such as solar and wind power.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grow native plants that require less watering.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do not litter. Place rubbish in appropriate areas.</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Implement the following strategy Reduce - Reuse – Recycle.</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Use natural lighting and cooling.</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Avoid using disposable items such as water bottles, cups, etc</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Use the natural heat from the sun to dry your clothes.</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Use pathways and stay off sand dunes to prevent erosion.</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Consume seasonal food sources that are grown locally.</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>

How sustainable are you compared to the Yugambeh people?

Your Personal Challenge at Camp

Life’s Challenge:
(Tell us about which part of camp you found the most challenging)

________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

Conquering The Challenge:
(How did you conquer the challenge on camp?)

________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

Rewards:
(With reference to page 5, what elements of personal growth did you most develop?)

________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
Get Your Surf Awareness Certification

Access the TBS webpage –
www.thebeachschooleq.edu.au
Residential Camp > Post Camp Activities.

Then click on & view the BTN podcast (Behind The News).

Then complete the 15 multi choice questions and present the results to your teacher to gain your ‘Surf Awareness Certificate’.

Room To Write

Post Camp Evaluations

Wow …I never knew that! Spend 10 minutes with a family member and discuss the following questions: Did they ever go to Tallebudgera and what are their memories of the camp? What other school camps did they attend? What was their favourite activity? Ask about their most memorable camp story.

Campers and parents we need your help please! We really hope that you enjoyed your time at Tallebudgera and would appreciate your feedback.

Evaluations can be completed at:
www.thebeachschooleq.edu.au > Surf Awareness Residential Camps > Evaluations > Student or Parent.

To go into the draw for a Beach School prize pack, with one being drawn every term, an evaluation must be completed by yourself and a parent.

Remember to ‘Let the Outdoors be Yours’.
Some things can’t be taught in the classroom...

Get into Anaconda today and gear up for an outdoor adventure! Camping, Hiking, Fishing, Kayaking, Riding, Climbing and more.

ASHMORE Gold Coast (07) 5597 7048
EVERTON PARK (07) 3355 4455
LOGAN (07) 3299 2244
MORAYFIELD (07) 5490 6200
KAWANA WATERS Sunshine Coast (07) 5413 5100
TOWNSVILLE (07) 4725 3133

shop online at anaconda.com.au

Gold Coast Tourist Parks

fun family friends

BOOK NOW
goldcoasttouristparks.com.au
Tallebudgera Supporters Club (Club Talle) is located at 1505 Gold Coast Highway, North Palm Beach just south of the Tallebudgera Beach Outdoor Education School.

Club Talle are proud of their involvement with the local community which includes their sponsorship of the Beach School Program. The surf club has been making the beach safer for swimmers for over 60 years and now assists with surf education of over 8000 primary school students annually through its commitment to the Beach School.

Club Talle’s world class facilities offer quality bistro meals and cold refreshments to members and guests at reasonable prices. Why not visit Club Talle today?

Tallebudgera Surf Life Saving Club
Contact us at www.tallesurfclub.net.au
or on 5576 4415

---

Eco Rangers
- 8.30 - 4pm (extended hours available on request at additional cost)
- For children 5 years to 12 years
- Available every weekday of every holidays (subject to bookings)
- $55 per day, includes all activities, photo and lunch

Eco Rangers is a registered child care provider with a provider number
Visit www.cws.org.au to register your child’s attendance.

---

Present this coupon for 1 FREE General Child admission with one paying Adult