www.thebeachschool.eq.edu.au

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 with 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 your positive experiences at camp. There is also provision for you to evaluate us in the hope that we can further improve our program and operations. Once completed thoroughly your diary will become a valuable keepsake of your time at camp.

(Version 5: Issue Date September 2013)
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</table>
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: ___________

The Beach School Motto (4C’s)

**Courtesy**  **Consideration**  **Co-operation**  **Common Sense**

**History of The Beach School**

Access the Beach School website to complete this page:
www.thebeachschool.eq.edu.au > About Our School > History of our School
Or access the information plaque outside the Tallebudgera Beach School building.

Tallebudgera Beach School is located in a unique ______________ environment rich in
ingigenous history. The __________________ people, traditional owners of the land, gathered at
__________________ Creek, estuary, surf beach and ________________ in an annual
celebration steeped in tradition 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.

Tallebudgera Beach won the 2010 -11 and 2011 -
12 ‘Keep Australia Beautiful’ Award. This is an
acknowledgement of the outstanding sustainability
practices of the students and teachers who attend
TBS annually and use the beach on a daily basis.

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

Use these words to fill in the gaps in the passage below:

Tallebudgera - Jellurgal - wildlife - Jabreen - middens - germinate - spear - Yugambeh - usefulness - animals - fingers - rubbish - mounds

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 local Aboriginal people 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 the Kombumerri people 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.
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.

The Beach School has forged a proud partnership with the Yugambeh Museum which has endorsed information and activities to be completed throughout this booklet. For more information: www.yugambeh.com
Rate Yourself on the Keys to Success & Happiness

Step 1: Rate yourself by placing an X on the lines below.
Step 2: Then have your Teacher (ο) and your parents (Δ) rate you.

**Persistence** (Try hard, don’t give up)

**Organisation** (Listen, prepare, take responsibility)

**Confidence** (Believe in yourself, have a go, do your best)

**Getting Along** (Respect, consider and work well with others)

**Resilience** (When faced with challenge - recover control, bounce back)

On Thursday evening at camp, place a ⊗ on each line to show where you are now.

<table>
<thead>
<tr>
<th>What did you find out about yourself during camp?</th>
<th>How can you use this in the future?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Persistence</td>
<td></td>
</tr>
<tr>
<td>Organisation</td>
<td></td>
</tr>
<tr>
<td>Confidence</td>
<td></td>
</tr>
<tr>
<td>Getting Along</td>
<td></td>
</tr>
<tr>
<td>Resilience</td>
<td></td>
</tr>
</tbody>
</table>

Discuss with a friend or your parents one area that needs developing. What strategy did they recommend for you to be able to make improvements?
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, 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.

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: Listen – prepare – take responsibility
Confidence: Believe in yourself – ‘have a go’ – do your best
Persistence: Try hard – don’t give up
Getting Along: Respect others – think of others – work well with others
Resilience: Recover control – ‘bounce back’

- Read the Jessica Watson story and discuss in class how her challenge has shaped her personal growth.
- Discuss these 5 key concepts – organisation, confidence, persistence, getting along and resilience.

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, 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.

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[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.
  [Link: 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 cannot you are 100% correct”
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 ___________________________________
# Your Camp Week

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AM</strong></td>
<td>Arrival</td>
<td></td>
<td></td>
<td></td>
<td>Departure</td>
</tr>
<tr>
<td><strong>PM</strong></td>
<td></td>
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</tr>
</tbody>
</table>

## What to Wear – Get Yourself Organised

- **TOBOGGANING / BEACH CHALLENGES**
  - hat & water bottle
  - sunscreen on
  - shirt with sleeves
  - shorts or boardies
  - enclosed wet shoes
  - swimmers
  - towel

- **BODY BOARDING**
  - hat & water bottle
  - sunscreen on
  - swimmers
  - or boardies

- **CANOEING / SAILING / FISHING / RAFTBUILDING / SNORKELING**
  - hat & water bottle
  - sunscreen on
  - shirt with sleeves
  - shorts or boardies
  - enclosed wet shoes
  - swimmers
  - towel

- **BURLEIGH WALK / TALLY CHALLENGE / CIRCUS ARTS / SITE NAV / TANDEM BIKES / KITE BUILDING / ORIENTEERING**
  - hat & water bottle
  - sunscreen on
  - shirt with sleeves
  - shoes and socks

- **FRIDAY SWIM**
  - hat
  - sunscreen on
  - shirt with sleeves
  - shorts or boardies
  - swimmers

- **During**
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
- Ensure lockers are clean and tidy
- Beds made neatly
- 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
- Use natural cooling / fans off
- Water bottles being displayed / used.
- Using natural lighting - curtains open / lights off
- Taps are not leaking
- Furniture neatly arranged

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<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
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<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!

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)
## What Do You Bring to a Team?

**Which type are you?**

1. Underline as many words as you can find which best describe you.

<table>
<thead>
<tr>
<th>I AM</th>
<th>I AM</th>
<th>I AM</th>
<th>I AM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doubtful</td>
<td>Investigator</td>
<td>Practical</td>
<td>Suspicious</td>
</tr>
<tr>
<td>Problem Solvers</td>
<td>Perfectionists</td>
<td>Inventive</td>
<td>Impulsive</td>
</tr>
<tr>
<td>Designers</td>
<td>Reasonable</td>
<td>Restless</td>
<td>Adaptable</td>
</tr>
<tr>
<td>Creative</td>
<td>Goal focused</td>
<td>Distrustful</td>
<td>Problem solvers</td>
</tr>
<tr>
<td>Alternative</td>
<td>Strategic</td>
<td>Quick to act</td>
<td>Entertaining</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Risk takers</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I LIKE</td>
<td>I LIKE</td>
<td>I LIKE</td>
<td>I LIKE</td>
</tr>
<tr>
<td>Logic</td>
<td>Progress</td>
<td>Excitement</td>
<td>Action</td>
</tr>
<tr>
<td>Concepts &amp; ideas</td>
<td>Consistency</td>
<td>Cleverness</td>
<td>Unplanned activities</td>
</tr>
<tr>
<td>Intelligence</td>
<td></td>
<td>Variety</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I AM</td>
<td>I AM</td>
<td>I AM</td>
<td>I AM</td>
</tr>
<tr>
<td>Responsible</td>
<td>Rule enforcers</td>
<td>Inspiring</td>
<td>Caring</td>
</tr>
<tr>
<td>Reliable</td>
<td>Good manager</td>
<td>Warm hearted</td>
<td>Good negotiators</td>
</tr>
<tr>
<td>Dependable</td>
<td>Step-by-step thinkers</td>
<td>Positive</td>
<td>Motivated</td>
</tr>
<tr>
<td>Like Directions</td>
<td></td>
<td>Dreamer</td>
<td>Visionary</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I LIKE</td>
<td>I LIKE</td>
<td>I LIKE</td>
<td>I LIKE</td>
</tr>
<tr>
<td>Precise Instruction</td>
<td>Stability &amp; Security</td>
<td>Team feel</td>
<td>Promoting</td>
</tr>
<tr>
<td>Attention to detail</td>
<td>Rules &amp; Regulation</td>
<td>Meaningful work</td>
<td>Guiding</td>
</tr>
<tr>
<td>Following the rule</td>
<td></td>
<td>Peacekeeping</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. Circle the 6 that are most important to you.

3. I have identified myself as (a) ________________________________________________

4. What skills do I bring to a team?

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

Tallebudgera Beach School is committed to assisting learners better understand themselves and others. We use the “AusIdentities” 4 types of learners to help support that understanding. While no two people are identical the 4 Temperament Types help establish a better understanding of an individual's skills to promote teamwork and leadership.

More information is available at:
http://www.oestraaining.eq.edu.au/wp-content/courseDemos/differentiation-parents/
Problem Solving Strategies

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.

PAR is an important element of the Beach School program. Please learn these steps prior to your arrival at camp.

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

Effective Teamwork

<table>
<thead>
<tr>
<th>Activity 1:</th>
<th>Activity 2:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Persistence</strong> (try hard – don’t give up)</td>
<td><strong>Persistence</strong> (try hard – don’t give up)</td>
</tr>
<tr>
<td>1 Poor</td>
<td>1 Poor</td>
</tr>
<tr>
<td>2 Below Average</td>
<td>2 Below Average</td>
</tr>
<tr>
<td>3 Average</td>
<td>3 Average</td>
</tr>
<tr>
<td>4 Above Average</td>
<td>4 Above Average</td>
</tr>
<tr>
<td>5 Outstanding</td>
<td>5 Outstanding</td>
</tr>
<tr>
<td><strong>Organisation</strong> (listen – prepare – take responsibility)</td>
<td><strong>Organisation</strong> (listen – prepare – take responsibility)</td>
</tr>
<tr>
<td>1 Poor</td>
<td>1 Poor</td>
</tr>
<tr>
<td>2 Below Average</td>
<td>2 Below Average</td>
</tr>
<tr>
<td>3 Average</td>
<td>3 Average</td>
</tr>
<tr>
<td>4 Above Average</td>
<td>4 Above Average</td>
</tr>
<tr>
<td>5 Outstanding</td>
<td>5 Outstanding</td>
</tr>
<tr>
<td><strong>Confidence</strong> (believe in yourself – have a go – do your best)</td>
<td><strong>Confidence</strong> (believe in yourself – have a go – do your best)</td>
</tr>
<tr>
<td>1 Poor</td>
<td>1 Poor</td>
</tr>
<tr>
<td>2 Below Average</td>
<td>2 Below Average</td>
</tr>
<tr>
<td>3 Average</td>
<td>3 Average</td>
</tr>
<tr>
<td>4 Above Average</td>
<td>4 Above Average</td>
</tr>
<tr>
<td>5 Outstanding</td>
<td>5 Outstanding</td>
</tr>
<tr>
<td><strong>Getting Along</strong> (respect others – think of others – work well with others)</td>
<td><strong>Getting Along</strong> (respect others – think of others – work well with others)</td>
</tr>
<tr>
<td>1 Poor</td>
<td>1 Poor</td>
</tr>
<tr>
<td>2 Below Average</td>
<td>2 Below Average</td>
</tr>
<tr>
<td>3 Average</td>
<td>3 Average</td>
</tr>
<tr>
<td>4 Above Average</td>
<td>4 Above Average</td>
</tr>
<tr>
<td>5 Outstanding</td>
<td>5 Outstanding</td>
</tr>
<tr>
<td><strong>Resilience</strong> (recover control – bounce back)</td>
<td><strong>Resilience</strong> (recover control – bounce back)</td>
</tr>
<tr>
<td>1 Poor</td>
<td>1 Poor</td>
</tr>
<tr>
<td>2 Below Average</td>
<td>2 Below Average</td>
</tr>
<tr>
<td>3 Average</td>
<td>3 Average</td>
</tr>
<tr>
<td>4 Above Average</td>
<td>4 Above Average</td>
</tr>
<tr>
<td>5 Outstanding</td>
<td>5 Outstanding</td>
</tr>
</tbody>
</table>

Overall Score: / 25

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 _________________________________________________
__________________________________________________________________________________________

How can you use these effective teamwork skills at school? ______________________________________
__________________________________________________________________________________________

How can you use these effective teamwork skills at home? ______________________________________
__________________________________________________________________________________________

Did I use my 6 strengths to assist the team?

- 14 -
# How Healthy and Active Are You?

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

## Ask Yourself ... and circle the appropriate response either A, B or C

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

## To be completed on the last night of camp:

### Q1. Do I drink enough water?

- **Your Total Score:**
- **Outcome:** Needs Improvement, Satisfied

### Q2. Do I apply enough sun cream?

- **Your Total Score:**
- **Outcome:** Needs Improvement, Satisfied

### Q3. Do I eat enough fruit & vegetables?

- **Your Total Score:**
- **Outcome:** Needs Improvement, Satisfied

### Q4. Do I have good personal hygiene?

- **Your Total Score:**
- **Outcome:** Needs Improvement, Satisfied

### Q5. Do I do enough Physical Activity?

- **Your Total Score:**
- **Outcome:** Needs Improvement, Satisfied

How will you continue to improve your personal health?

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________
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

Surf Awareness Crossword

Across
1. These provide information about the beach and conditions.  
4. A volunteer person trained to keep the beach safe.  
7. You can ride this craft between the flags.  
9. These waves are fun and safe for riding.  
10. If caught in a rip you must remain _______.  
11. Red flags indicate that the surf is this.  
12. Always swim between the _____ and yellow flags.  
14. A wave that has no white water and has not broken.

Down
1. NE winds will wash these nasty creatures onto the beach.  
2. At the beach know your limits, take care and play _______.  
3. ________ can lead to serious problems later on in life.  
5. These must be used outside the patrolled swimming area.  
6. This needs to be applied every 2 hours to protect skin from harmful UV rays.  
8. Never swim or surf ________.  
11. Another name for plunging waves.  
13. Strong current of water moving away from the beach.

Did you know?
Your brain is 80% water & your body is 70% water so stay healthy by drinking 8 glasses of water per day.

See answers on page 26.
Become an Educated Basic First Aider .... It could save lives

Remember...

1. NEVER PANIC

3. GET HELP AS SOON AS POSSIBLE

2. ALWAYS KEEP YOURSELF SAFE

…also, remember just being there and reassuring the person will make him / her 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 worse.</th>
</tr>
</thead>
<tbody>
<tr>
<td>▪ bandage ▪ patient ▪ worse ▪ heart ▪ blood</td>
<td>I: ICE the injured area to reduce the blood flow. This will assist with excessive swelling.</td>
</tr>
<tr>
<td>C: COMPRESSION needs to be applied to the injured area. In most cases you will use a bandage.</td>
<td>E: ELEVATE the injured area above the heart to reduce swelling.</td>
</tr>
<tr>
<td>R: REFER the patient on for further medical assessment.</td>
<td></td>
</tr>
</tbody>
</table>

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: 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 the person gently away from you.

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

- Step 4: Apply firm bandage.

**For a person who is unconscious but still breathing**, place them in the recovery position.

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

This helps the person to maintain a clear airway which may save their life.
Sustainability

Fish Trap  Bush Tucker  Midden Site

What’s The Message?

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.

What Action Can You Take?

Sustainable Behaviours

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

Why is this a problem?
- It costs every family about $1000 year.
- Over 1 billion people go hungry every day.
- Food sent to landfill decomposes producing methane, a greenhouse gas 20 times as strong as carbon dioxide. This results in global warming.
- Waste of the resources (energy and water) used to grow, harvest, transport, process, store and distribute food.

What can you do?
- Start a Compost
- Have a worm farm
- Feed scraps to your chooks
- Any other ideas?

Record the food wasted from this camp.

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td>16kg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>12kg</td>
<td></td>
<td>16kg</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>28kg</td>
<td>45kg</td>
<td>44kg</td>
<td>42kg</td>
</tr>
</tbody>
</table>

1. Are this camp’s results better than the average? In the total column use a 🍃 or 🟥 to indicate how you went.
2. List one thing that you can do to reduce the amount of food you waste. ____________________________

40% of food purchased in Australia is thrown away.

That’s $5.2 billion of food thrown away each year.

Or three million tonnes of waste each year.
During My Tallebudgera Timetable

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning Activity</td>
<td>_______</td>
<td>_______</td>
<td>_______</td>
<td>_______</td>
<td>Depart Camp</td>
</tr>
<tr>
<td>Afternoon Activity</td>
<td>_______</td>
<td>_______</td>
<td>_______</td>
<td>_______</td>
<td>_______</td>
</tr>
<tr>
<td>Night Activity</td>
<td>_______</td>
<td>_______</td>
<td>_______</td>
<td>_______</td>
<td>_______</td>
</tr>
</tbody>
</table>

Tobogganising

BEFORE | AFTER
How are you feeling right now? | How are you feeling now?
How is your group feeling? | How is your group feeling now?

What did you learn about yourself? __________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
How can you use this new understanding about yourself in the future? __________________________
__________________________________________________________________________

- 20 -
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 these letters 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 ________.

How Do You Relax?

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

Camp Reflections

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

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

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

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

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

We have rules at Camp to...
What is your greatest strength as a team member?

My special place at home is …

List 3 words that best describe your camp experience?

What new learning has happened for me at camp?

How have I changed since I arrived at camp?

What does a team look like, sound like and feel like?
Aerial Photo of Tallebudgera Recreation Centre
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 creeks.
So please use fresh water wisely.
Get Your Surf Awareness Certification

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

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

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

Crossword Answers

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.thebeachschool.eq.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...

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KAWANA WATERS Sunshine Coast (07) 5413 5100
TOWNSVILLE (07) 4725 3133

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Conippets and services by Gold Coast City Council
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

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**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](http://www.cws.org.au) to register your child’s attendance.

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