

## **The Aerie SACE Introduction Program**

- 1. Introduction to Aerie College & Local area**
  - a. Orientation to the College local area
  - b. Amazing things about your local area
- 2. Understanding Self–Body**
  - a. Sleep
  - b. Nutrition
  - c. Exercise
  - d. Grooming & Physical Care (Skin, Hair, Teeth)
  - e. Sexual Health
- 3. Water Challenge #1**
  - a. Risk Assessment (Water focus)
  - b. Bronze Medallion Training (pool and surf)
  - c. RLSSSA Swim-Teacher Instructor certificate
- 4. Understanding Self–Mind**
  - a. Character & Identity
  - b. Mental Health Hygiene
  - c. Cognitive Distortions & How to Correct Them
- 5. Understanding Self–Soul**
  - a. Values
  - b. Spirituality
  - c. Mindfulness
  - d. Gratitude, Compassion, Humility, Philanthropy
- 6. Staying Safe**
  - a. Health & Safety at all ANCOM Campuses & Excursions
  - b. Advanced First Aid Training including Oxygen
  - c. Risk Assessment
  - d. Cyber Safety
- 7. Understanding Others**
  - a. Healthy Relationships
  - b. Issues of Respect and Consent
  - c. Importance of Teamwork
  - d. Conflict resolution
  - e. Caring for others
- 8. Water Challenge #2**
  - a. Boating & Risk Assessment
  - b. Boat License, Coxswain Certificate
  - c. River/Coorong Kayaking – Boat escorted
  - d. Overnight Swag Camp - individual swag tents

**9. Getting Around**

- a. Bike safety & maintenance
- b. Defensive driving
- c. 4WD driving and maintenance
- d. Towing/backing a trailer/boat/caravan

**10. Water Challenge #3**

- a. RLSSSA Pool lifeguard certificate
- b. Lifeguarding from a boat

**11. Celebration**

- a. Party time catering & Planning
- b. Celebration– Invite Parents & Friends – accept your eagle feathers

**12. Vacation reflection Unlocking the Future – Head, Hand, Heart**

- a. What sort of person do I want to be?
- b. What sort of life do I want?
- c. What sort of work (paid/unpaid) would I find rewarding?

**13. OPTIONAL 1 or 2 weeks Vac.School River Cruise with reflection time.**

- a. This will be a marketing opportunity to attract other students.

### Water Challenge #2

- Boating & Risk Assessment
- Boat License, Coxswain Certificate
- River/Coorong Kayaking – Boat escorted
- Overnight Coorong Camp - individual swag tents

### Week 9 Getting Around

- Bike safety & maintenance
- Defensive driving
- 4WD driving and maintenance
- Towing/backing a trailer/boat/caravan

### Week 10 Water Challenge #3

- RLSSSA Pool lifeguard certificate
- Lifeguarding from a boat
- Party time catering & Planning

Celebration! at campus – Invite Parents & Friends – accept your eagle feathers

Vacation reflection Unlocking the Future – Head, Hand, Heart

- What sort of person do I want to be?
- What sort of life do I want?
- What sort of work (paid/unpaid) would I find rewarding?

Optional – 1 or 2 weeks Vac.School River Cruise with solitary reflection time. This will be a marketing opportunity to attract other students.