

## **The Aerie SACE Introduction Program**

### **1. Introduction to Aerie College & Local area**

- a. Orientation to the College location
- b. Amazing things about the local area

### **2. Understanding Self–Body**

- a. Sleep
- b. Nutrition
- c. Exercise
- d. Grooming & Physical Care (Skin, Hair, Teeth)
- e. Sexual Health and care

### **3. Water Challenge #1**

- a. Risk Assessment (Water focus)
- b. Bronze Medallion Training
- 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 considerations at all times
- 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, Commercial Coxswain Certificate
- c. Kayaking
- d. Overnight Swag Camp

**9. Getting Around**

- a. Bike safety & maintenance
- b. Defensive driving
- c. 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: Join 1 or 2 weeks Vac-School River Cruise with reflection time.** This will be a marketing opportunity to attract other students, to review your Orientation experience and make plans.