

## THE 10 WEEK INCUBATION PERIOD COURSE WORK

- Week 1** Introduction to the selected ANCOM Campus (Victor Harbor, Mannum)
- Orientation to the Campus township
  - Amazing things about your new town
- Week 2** Understanding Self–Body
- Sleep
  - Nutrition
  - Exercise
  - Grooming & Physical Care (Skin, Hair, Teeth)
  - Sexual Health
- Week 3** Water Challenge #1
- Risk Assessment (Water focus)
  - Bronze Medallion Training (including surf)
  - RLSSSA SwimTeacher Instructor certificate
- Week 4** Understanding Self–Mind
- Character & Identity
  - Mental Health Hygiene
  - Cognitive Distortions & How to Correct Them
- Week 5** Understanding Self–Soul
- Values
  - Spirituality
  - Mindfulness
  - Gratitude, Compassion, Humility
- Week 6** Staying Safe
- Health & Safety at all ANCOM Campuses & Excursions
  - First Aid Training
  - Risk Assessment
  - Cyber Safety
- Week 7** Understanding Others
- Healthy Relationships
  - Issues of Respect and Consent
  - Importance of Teamwork
  - Conflict resolution
  - Caring for others

- Week 8**      Water Challenge #2
- Boating & Risk Assessment
  - Boat License
  - Start 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 a trailer/caravan

- Week 10**     Water Challenge #3
- RLSSSA Pool lifeguard certificate
  - Lifeguarding from a boat
  - Party time catering & Planning
- Celebration! Party time at campus – Invite Parents & Friends**

- 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.