

## THE 10 WEEK INCUBATION PERIOD COURSEWORK

<b>Week 1</b>	<p>Introduction to Aerie @ Kia Resort</p> <ul style="list-style-type: none"> <li>• Orientation to the Campus local area</li> <li>• Amazing things about your local area</li> </ul>
<b>Week 2</b>	<p>Understanding Self–Body</p> <ul style="list-style-type: none"> <li>• Sleep</li> <li>• Nutrition</li> <li>• Exercise</li> <li>• Grooming &amp; Physical Care (Skin, Hair, Teeth)</li> <li>• Sexual Health</li> </ul>
<b>Week 3</b>	<p>Water Challenge #1</p> <ul style="list-style-type: none"> <li>• Risk Assessment (Water focus)</li> <li>• Bronze Medallion Training (river and surf)</li> <li>• RLSSSA SwimTeacher Instructor certificate</li> </ul>
<b>Week 4</b>	<p>Understanding Self–Mind</p> <ul style="list-style-type: none"> <li>• Character &amp; Identity</li> <li>• Mental Health Hygiene</li> <li>• Cognitive Distortions &amp; How to Correct Them</li> </ul>
<b>Week 5</b>	<p>Understanding Self–Soul</p> <ul style="list-style-type: none"> <li>• Values</li> <li>• Spirituality</li> <li>• Mindfulness</li> <li>• Gratitude, Compassion, Humility, Philanthropy</li> </ul>
<b>Week 6</b>	<p>Staying Safe</p> <ul style="list-style-type: none"> <li>• Health &amp; Safety at all Aerie Campuses &amp; Excursions</li> <li>• Advanced First Aid Training including Oxygen</li> <li>• Risk Assessment</li> <li>• Cyber Safety</li> </ul>
<b>Week 7</b>	<p>Understanding Others</p> <ul style="list-style-type: none"> <li>• Healthy Relationships</li> <li>• Issues of Respect and Consent</li> <li>• Importance of Teamwork</li> <li>• Conflict resolution</li> <li>• Caring for others</li> </ul>
<b>Week 8</b>	<p>Water Challenge #2</p> <ul style="list-style-type: none"> <li>• Boating &amp; Risk Assessment</li> <li>• Boat License, Coxswain Certificate</li> <li>• River/Coorong Kayaking – Boat escorted</li> <li>• Overnight Coorong Camp - individual swag tents</li> </ul>

<b>Week 9</b>	<p>Getting Around</p> <ul style="list-style-type: none"> <li>• Bike safety &amp; maintenance</li> <li>• Defensive driving</li> <li>• 4WD driving and maintenance</li> <li>• Towing/backing a trailer/boat/caravan</li> </ul>
<b>Week 10</b>	<p>Water Challenge #3</p> <ul style="list-style-type: none"> <li>• RLSSSA Pool lifeguard certificate</li> <li>• Lifeguarding from a boat</li> <li>• Party time catering &amp; Planning</li> </ul>
<b>Celebration</b>	<b>Invite Parents &amp; Friends – accept your eagle feathers</b>
<b>Vacation reflection</b>	<p>Unlocking the Future – Head, Hand, Heart</p> <ul style="list-style-type: none"> <li>• What sort of person do I want to be?</li> <li>• What sort of life do I want?</li> <li>• What sort of work (paid/unpaid) would I find rewarding?</li> </ul>
<b>Optional</b>	<p>1 or 2 weeks Vac.School River Cruise with solitary reflection time. This will be a marketing opportunity to attract other students.</p>