



## SILVER DUKE OF ED PRACTICE JOURNEY

**From 19 to 21 June, our Silver Duke of Edinburgh students embarked on their Practice Adventurous Journey with two days hiking in the beautiful Glenbrook area, followed by an exhilarating day of whitewater rafting at Penrith.**

Adventurous Journeys are designed to stretch students beyond their comfort zones, placing them in unfamiliar and challenging environments where they must work together, problem-solve, persevere and grow. This journey did just that and more.

Thursday's hike led students along Glenbrook creek and the scenic Red Hands Cave track. The terrain was at times demanding, and our students rose to the challenge with grit and teamwork. Though the day didn't unfold exactly as planned, it offered an authentic opportunity to demonstrate resilience and unity. Staff and students alike responded with calm, care and commitment, and the group continued on with incredible maturity and adaptability. That night, after some reshuffling, all students enjoyed a well-earned rest around the campfire with warm food, marshmallows and hot chocolate.



The next morning we paused to reflect on what we'd faced and learned. We talked about resilience and the power of bouncing back. Like the tall gum tree that seems strong but can snap in a storm, it's often the grass, flexible and low to the ground, that survives and thrives. Resilience isn't about being unbreakable. It's about learning to bend, adapt and return stronger.

Friday's hike brought spectacular views from Tunnel View and Portal lookouts, relaxed downtime and the satisfaction of completing each leg of the journey as a team. The cold nights were no small feat, but they taught us all that we are more capable than we think, even when comfort is scarce.

On Saturday, the group put down packs and picked up wet suits at Penrith Whitewater Stadium. The final leg of the journey was packed with laughter and excitement as students navigated the rapids together, finishing their trip on a high.

This journey exemplified what the Duke of Ed is all about, not just outdoor adventure, but the deeper experience of growth through challenge, joy in community and strength in resilience. We are proud of every student who took part and we look forward to the next stage of their



adventure.

**Mr Dave Catto**

*Duke of Edinburgh Leader*

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