Community Living Week (CLW) is a unique part of life at Cabra Dominican College. It provides students with opportunities to take some time to engage in a range of experiences that they may not encounter in their everyday curriculum. The activities provide students with time to build and strengthen relationships with other students, staff and the wider community.

All activities are structured to allow for developmentally appropriate interaction with their peers through various team and confidence building strategies. Each activity also includes a component of community involvement. It is an expectation that all students from Years 6 – 10 participate in an activity during this week.

This booklet is designed to help your son/daughter choose a CLW activity. Please carefully read through each of the options and select your first, second and third preferences. It is highly recommended that students discuss their preferences with their parents / guardians, coordinating teachers and friendship groups to ensure a suitable activity is chosen.

Where possible, students will be placed into their first preference. Students will have the opportunity to nominate one friend in which they would like to be grouped with for CLW. Both students must then select the same first, second and third preference and nominate each other on their preference forms.

Signed CLW preference forms are to be returned to the Middle School Office by Friday 4th December 2015. Once students have been placed in an activity it is highly unlikely that any changes can be made so please select carefully.

CLW is an important component of the overall education at Cabra and as such a number of activities are offered at no additional cost to families. However, parents / guardians consenting to their child/ren attending activities that do incur an additional cost will be required to cover these costs prior to the commencement of Community Living Week.
### CLW Key Dates – Term 1 2016

- **Friday 4th Dec 2015**: Student selections due
- **Wednesday 3rd Feb (Wk 1)**: Finalised lists displayed to students
- **Monday 29th Feb (Wk 5)**: First group meeting
- **Friday 25th March (Wk 8)**: CLW payment due
- **Friday 8th April (Wk 10)**: Final group meeting
- **Tuesday 12th April (Wk 11)**: CLW commences
- **Friday 15th April (Wk 11)**: CLW concludes

### PAYMENTS

Where an additional cost is incurred, parents / guardians will be invoiced accordingly. Payments are due by **Friday 25th March** either via the cashier located in the front office, **B-Pay** or by downloading the **Qkr! app** – instructions are available on the college website.

### ILLNESS / UNEXPLAINED ABSENCE

If your child/ren cannot attend CLW due to unforeseen circumstances after payment has been received please contact the Business Manager, Mr Paul Angley, on the CLW email listed below. If your child is absent due to illness a medical certificate may be required.

Any student that fails to attend their CLW activity without prior warning will incur full charges for the activity they have chosen as all activities are booked and paid for in advance, the cost per head being calculated on full attendance.

### PLANNED ABSENCE

If a student is unable to attend CLW, parents / guardians must email **clw@cabra.catholic.edu.au** to notify the College of the reason for the planned absence by **Friday 4th December**.

---

### Camp Options (Overnight stays)

<table>
<thead>
<tr>
<th>Camp Options</th>
<th>Year(s)</th>
<th>Cost</th>
<th>Location</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>Outdoor Challenge</strong></td>
<td>Years 6/7 (max 14 x Yr 7s)</td>
<td>No additional cost</td>
<td>One overnight stay at the Adelaide Zoo (tents)</td>
<td>Students will participate in a variety of daily activities in the Adelaide Hills with an overnight stay. They will visit Monarto Zoo, Cleland Wildlife Park and Adelaide Zoo where they will observe animals at night and help with environmental projects. A day will be spent at Woodhouse completing the Challenge Hill course. Students will also complete a course of activities at Bounce. Departing and returning to Cabra each day except for one overnight stay at Adelaide Zoo.</td>
</tr>
<tr>
<td>2. <strong>Adelaide Hills</strong> (near Stirling)</td>
<td>Year 7 (max 35)</td>
<td>$200</td>
<td>Woodhouse Activity Centre (tents)</td>
<td>Students will be staying in tent accommodation for the duration of the program. There are toilet, shower and shelter facilities at this campsite as well as large outdoor areas for activities to be conducted. Students will enjoy participating in the following activities: arts and crafts, Mt George walk, mega swing, flying fox, Challenge Hill, climbing wall, team challenges and an introductory mountain bike session. Use the link shown here to register your child's attendance directly with Wilderness Escape: <a href="http://www.wildernessescape.com.au/p5286">www.wildernessescape.com.au/p5286</a></td>
</tr>
<tr>
<td>3. <strong>Normanville Aquatics</strong></td>
<td>Year 7 (max 35)</td>
<td>$240</td>
<td>Dzintari Latvian Campsite (dorm style accomm.)</td>
<td>Students will be staying in dorm style accommodation for the duration of this program. There are toilet, shower, kitchen and hall facilities at this campsite as well as large outdoor areas for activities. Students will enjoy participating in the following activities: snorkelling, rock pooling, kayaking, beach games and sand castle competitions, coastal walks, aqua thong team challenge and various other whole group problem solving challenges. Use the link shown here to register your child's attendance directly with Wilderness Escape: <a href="http://www.wildernessescape.com.au/p5286">www.wildernessescape.com.au/p5286</a></td>
</tr>
</tbody>
</table>
Daily Activities
(Travel to and from Cabra daily)

4. **Cultural Experience**
   - Years 6/7 (max 12 x Yr 7s)
   - Cabra (St Mary’s Unit kitchen)
   - No additional cost

Cultural Experience will engage your creativity and tastebuds. The program includes food for the soul, creative arts, relaxation as well as positive wellbeing and mindset. At the end of the week you will receive a bag full of goodies to keep.

5. **Surf, Beachhouse and more!**
   - Years 6/7 (max 12 x Yr 7s)
   - Various locations
   - No additional cost

Based at Glenelg Surf Life Saving Club this is a fun-filled four days of learning to surf, board paddle and surf ski. You will receive a certificate issued by the Surf Life Saving Association. We also sail on the Temptation yacht (weather permitting) and visit the Beachouse for waterslides and games on the last day.

6. **Circus Skills**
   - Years 6/7 (max 12 x Yr 7s)
   - Cost: $100
   - Brompton

Have you always wanted to join the circus? Here is your chance to take the plunge! We will travel by bus to Cirkidz and learn general circus skills from the five areas of circus performance: manipulation and juggling, aerial, balance (including tightrope), body skills (including tumbling, flexibility and acrobatics) and performance craft.

7. **Mosaics at the Bay**
   - Years 6-10 (max 20-25)
   - Glenelg
   - No additional cost

Create your own mosaic table top for indoor use or for your courtyard or garden. Learn the techniques involved in creating your own masterpiece. Materials all included: tiles, table top and legs. This activity is based at The Changing Canvas in Glenelg, Metro card needed for bus/tram to and from Cabra each day.
For further information please contact the activity coordinator directly or
Narelle Sandercock / Amber Booth
Email: clw@cabra.catholic.edu.au
Ph: 8179 2400
Fax: 8272 9810