

Teachers train for challenge

Students fight the blues with a little charity

TEAM bonding exercises don't always involve circuits, weights, push-ups and sweat, but this one is proving to be a success.

A local company, Elite Bootcamp and Outdoor Fitness, sponsored the Genesis Christian College Spring Festival last year by training the Year 12 students and teachers for a bootcamp challenge.

Owners Lisa and Tony McKeown said the challenge included military-style fitness tests, load-carrying and a tug-of-war.

"The challenge was a team-based program and was won by the students by a small margin," Mrs McKeown said.

Little did they know, the teachers have enlisted the company again this year.

Mrs McKeown said she and her husband had "the privilege to continue training the teachers twice per week".

The teachers taking part range from junior school, teacher aides, administration and the assistant principal.



LEARNING PROCESS: Elite Bootcamp and Outdoor Fitness train the teachers at Genesis Christian College.

BRAY Park State High School has been beating the blues and raising money for a good cause through its fundraising and awareness programs.

English teacher Tony McNickle said Year 8 and Year 9 students had been exploring a number of issues which varied from mental health and personal well-being to supporting charities.

"We had teachers taking part in Movember as well as students raising \$418 for the Cancer Council through Bandana Day," Mr McNickle said.

"We also had social workers from The Pine Rivers Child and Youth Mental Health Service speak on assembly and encourage students to ask others if they were OK."

Mr McNickle said visual arts students also participated in land art, by wrapping trees near the school in blue shade cloth in support of mental health awareness.