

Year 10 - Healthy School and Dinton Pastures Activity Days

On the 29th June half of year 10 stayed at school to experience a range of different educational workshops including social media, sex education, self-defence and first aid. They required us to be active which made the day really enjoyable. The social media talk was with a member of the police force who made us even more aware of the dangers of social media. It is important for us to learn about sexual education and feel comfortable in an environment with someone when talking about this topic. Throughout this session we questioned ourselves to comprehend how we feel towards this subject leading into adulthood. The self-defence was the best by-far as we were outside in the hot sun. We were taught how to defend ourselves and we had a lot of fun. All the frustrations came out when doing physical activities which made us relax and let loose. During first aid we got the chance to experience a situation where we would have to use CPR and use our abilities to keep the patient alive. This was a cool yet interactive session. The day as a whole was better than anticipated which made the day even better and furthermore we had beautiful weather all day.

On the 2nd July the other half of year 10 travelled to Dinton Pastures for a day full of activities! We were split up into groups and had assigned courses throughout the day. First of all, we had an hour of free time which was really so enjoyable as we got to spend time with our friends and walk around Dinton during a sunny day! We walked around and even went to the park. After that was rock-climbing which was generally quite challenging although the best part was jumping down! We had lunch and got to appreciate the hot weather for once! The last activity was raft building. We had known that this would be the highlight of the day and it surely was. After getting the raft into the water, we had to swap rafts with another group. Most of us fell into the water and gave up trying to get back on and just swam back. The water was extremely warm but there was algae which freaked some people out which was funny. In the end we got to jump of a bridge into the water Mamma Mia style. We had such a great time and would absolutely do it again.

Lois – Year 10