

P7's Health Week

By Emma and Lois

Monday

On Monday we had a STEAM workshop. I found out a lot of new things about circular economy and all about how to recycle computers without hurting the environment. We also found out how to use old products to make better ones.

In the afternoon we had a Childline workshop which was very intriguing. We found it good to know that there's **someone else we can talk to if we have a problem**. We liked finding out how the website worked in case we ever needed it. It was nice having someone who works for Childline in to talk to us. I liked writing about who we can talk to and what situations we might have to deal with.

Tuesday

The sponsored cycle was amazing – we loved it! Being able to cycle with your friends while exercising and getting fit was enjoyable. We had our lunch at Castle Semple Loch and it was great to see what it's **like there too**. If you stopped on the way or the way back, someone would always be there to help you or someone would stop for you. Everyone looked out for and supported each other. It was really tiring but still really good – it was worth it! We felt really proud of ourselves after it.

If you didn't **cycle** you walked to the On-X. It wasn't **too long and everyone had fun**. We got to play at the play park at the On-X before having our lunch and walking back to school.

Wednesday

Sports Day was so fun! Some of us helped at the P1-3 races and loved seeing them all take part. Our individual races were sack race, flat race and relay race. I think the relay race was really good because everyone worked as a team. The sack race was a bit challenging! It was so funny to see everyone take part.

In the afternoon we had team games in our houses. Before we started, we got to cheer on the Nursery pupils! Our team games were very competitive with everyone

wanting their house to win! We had different stations like obstacle station, hurdles, balancing a ball and standing long jump. We were really lucky the weather stayed good and it didn't *rain!*

Thursday

We started our day with cricket. We played a game and everyone in the class loved it. We also practised different cricket techniques about throwing and catching.



After break, we had golf. Golf was really hard! We learned how to putt and chip. It was so much harder than we thought it would be – it looked easy!



In the afternoon, we had Judo which was really fun!! The instructor was really kind and taught us some Japanese words linked to Judo. We partnered up and learned how to get our opponent down to the mat. The instructor needed some “volunteers” and it was so funny to watch!



Friday

We had Heart Start training. We learned how to do CPR and how to deal with someone if they'd *been seriously hurt*. We also learned how to *recognise a heart attack* or cardiac arrest. It was really important to learn this in case of an emergency . It really helped us understand the serious consequences that could happen to anyone .

