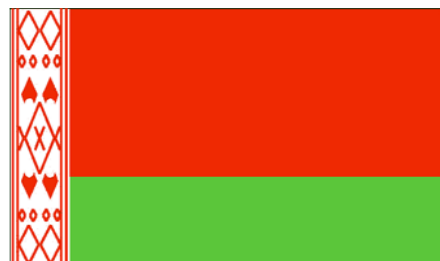
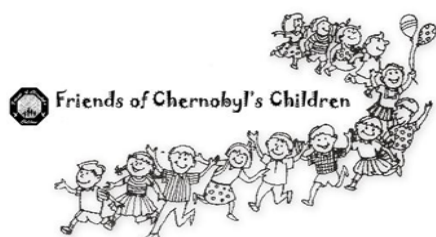


FOCC Edinburgh West – West Lothian



Daily Blog for the group visit ~ 2nd June to 30th June 2012

DAY 13 Thu 14th June – Linlithgow Academy & Concert Practice



Another wonderful day out at Linlithgow Academy. We were met by the Headmaster, David Mackenzie, and it was straight off to the dance studio where the children were shown a very impressive dance display by two of the pupils. Watching the children's faces as they thought that they might



have to copy the routine was very funny but they were all broken in gently with a routine using the pom-poms. The big parachute was then set up and the children had great fun dancing and playing Cat & Mouse under it.



Off to the gym next for more exercise, this time it was basketball, dodgeball and a skipping assault course. It was fantastic to see their competitive natures bubbling up to the surface as the children were divided into their groups. Mr. White was excellent with the children who were kept entertained and active throughout their gym session.



After a short snack break with juice and fabulous cakes, it was off to the swimming pool for their first swim of the visit. Most of the children are old hands at getting ready for swimming, with only little Vadim wanting to keep his pants on underneath his trunks. The pool was organised chaos with floats, goggles, footballs and ball-pit balls all thrown into the pool. All spectators were soaked by the children and lots of fun,

plenty of noise and tonnes of splashing then ensued. Time shot by and all too quickly and we were then taken to lunch in the school dining room by Lyn Hendry who had done all of the organising for the visit, and she certainly made sure that all of the children were well fed.

Finally we had a brief presentation from David and Lyn where the children were given pencils and school badges and we said our thanks for such a lovely visit and our goodbyes.



Back to the Church Hall for the first couple of hours of concert preparation followed, after the afternoon snack, buy games in the hall and later outside in the garden.

I'll bet your child sleepy well that night!

Fun stuff – Watching the girls show up the boys at the skipping race. Lots of fun during the first swim of the visit. Playing games with the children in the hall and outside after their first concert practice (**WARNING** – Don't play tig / tag with Veronica – she's far too quick and cunning!)

Stars of the day – Angelina Cotton for her fantastic skipping and demonstration of how to do the race in the Gym at Linlithgow Academy. Dima Lee for helping to get the boys out of the showers by tossing cold water at them. All the staff and pupils at Linlithgow Academy for such a warm welcome and wonderful day.

