

Fri 4 September

## Beach

Well, what a fantastic day today was!

It was beach time for Team FOCC and with wellies, frisbees, footballs, kites, bools, bats, (not the flying kind!) packed lunches etc off we went in search of the sun and to spend the day at Silver Sands beach Aberdour.

With a wee jaunt across the Forth Bridge (I believe a first sight of the Sea for some of our children) we arrived mid morning at the beach to an ever improving and, sunny day. A quick walk down the hill followed by a "charge" onto the beach you could see the joy on the faces of all the wee ones along with a few inquisitive looks as wee people and wee feet tried to come to terms with a different walking technique for sand.

With a couple of benches and picnic tables soon taken over by all things FOCC, it was then off to explore the shore and the many rock pools in search of all and any thing "strange" and vaguely resembling marine life. Clearly for at least some of the team, there were a number of firsts today including; Stas's first encounter with the "bugs" (Turned out these were in fact crabs), Alina and Nastya showing fantastic artistic talent drawing great pictures in the sand, Katia showing off her sandcastle building skills and Maksim, Liosha, Timothy, Stas & Dima playing - hunt the sea life in amongst the rocks.

After a hearty walk along the tide line, (It was noted that Yuliya and Lena are still acclimatising and were well wrapped up as if they were visiting Greenland - despite Ross and Bill's best efforts at telling the girls that today was in fact a great Scottish summer day 😊)

Anyway's, several buckets of sea shells, seaweed, pebbles and a lot of sand filled shoes later it was soon time to return to our picnic base and start the pre-lunch games.

Bools /Pentanque American football throwing, real football and the really popular kite flying games were enjoyed by everyone. (Especially the Adults!). With a time-out for lunch the children were expertly brought round the tables to eat their goodies which in itself was fascinating in how they all

seem to happily share (trade?) their various and many different types of snacks and sweets.

With lunch out the way and the adults suitably rested, the team quickly moved over to the play park - still alongside the beach - this was really entertaining with all sorts of acrobatics, demonstrations not to mention the girls chasing Dima! (this seems to be a regular thing that I will need to keep an eye on) with Kira, Ercamo, Lera and Nastya taking no nonsense from any of the boys. Meanwhile, Maksim, Katia and Timothy all showed great (boundless) energy in a host of various styles of kite flying.

With a further break for much needed ice cream, the adults were once again allowed a wee rest before a final and intensive 20 mins football, rock moving / building (I think that is what it was) and general "mess about" the beach things it was alas, time to pack up and go home.

Back at Broxbourn HQ the day was finished off with some well earned chocolate milk, some cookies and a fun game of "guess who is holding the sea shell" which seemed to keep everyone on their toes until all the mums and dads came to collect us.

Best day's work I've ever had and a brilliant day. Thanks everyone for letting us join in and thanks too the staff at the wee café and the lifeguard for their interest and kindness.



