

The header features three overlapping rectangular elements. On the left is a red and green flag with a white and red patterned border. In the center is a yellow banner with the text 'FOCC WEST LOTHIAN DAILY BLOG 2016'. On the right is a blue and white saltire flag.

FOCC WEST LOTHIAN DAILY BLOG 2016

Monday 22 August – Opticians/Hopetoun House

Morning spent at Optimeyes opticians who did a great job checking out the children's eyes. Only Laisha and Ercamo needed new glasses this year. As ever the staff gave the children wonderful gifts of toys etc. Much fun was had once they were back in the hall playing ball games and crafts. After lunch it was then off to Hopetoun House where the children were fascinated by the whole place - especially the ballroom where they could practice their dancing before some time to play in the sunshine around the Grounds.





Tuesday 23 August – Swimming/Tennis

Our day with the children began with the much loved English lessons from Chris. The children were as enthusiastic as ever and are making good progress. After a quick snack we were off to Bubbles for another swimming lesson. As always the kids had great fun playing, splashing & swimming. In the afternoon we were kindly invited to Hatton Tennis Club thanks to Bill & Gracia Grant. We were made incredibly welcome by Mike and Ian and the children thoroughly enjoyed playing various ball games. Ian, the coach, was absolutely super with the kids! In the evening all host families and the children went to Livingston football club for a meal and entertainment from a magician. All the children (and some adults) seemed to have a great time getting involved in the magic and loved getting a special balloon to take home. Another fantastic day enjoyed by all.





Wednesday 24 August – Swimming/Tennis

Today started with more English lessons from Chris. The lesson today included a recap of most of the English they have learned so far and the introduction of phrases such as “clean my teeth”, “brush my hair” etc. which of course culminated in us singing a song "This is the way I brush my teeth...". All good fun and good English from the children. Very impressed. After snack we did some concert practice. The children are learning their songs, dances and fairytales very well and it's shaping up to be a lovely concert. During practice we took two girls along to the dentist as they have chipped teeth from some over zealous scooter and bike riding. They will be repaired next week. Martin played his bagpipes for the children and we had a wee practice of Auld Lang Syne. Lunch was quickly eaten to restore our energy levels. The sun was out with not a cloud in the sky so we headed to one of their favourite places - Beecraigs country park for lots of fresh air and outdoor play. Martin had brought his dog, Saffi, and she received much attention from the children. Another lovely day and happy children!





Thursday 25 August – The Zoo

Today started off with a little singing and dancing practice for the concert then we left sharp to head for the zoo - didn't get far though because someone forgot something - on arriving at the zoo and after a quick snack we managed to get a 10.30 slot to see the pandas but sadly the pandas didn't want to see us! I think some of the kids caught a small glimpse of one munching on some bamboo though. From there we went to the penguins and then commenced the climb up the hill, then down the hill, then up the hill, then down the hill... had some lunch and watched the penguin parade then back up the hill. We saw lots of animals - some very sleepy. The biggest excitement seemed to be the zebras. I must admit they are very beautiful. The weather stayed dry for us as well which was good. We finished off with a play at the park before heading back to the hall for a game. Think everyone will sleep well tonight.





Friday 26 August – School/Scout Camp

Today was a special day. It was Alina Fraser's 8th Birthday and she very kindly brought in bags of Haribo sweets to share. The children and helpers thanked her by throwing her high into the air (8 times) whilst singing Happy Birthday. After that, there was just enough time for some concert practice with singing and dancing followed by juice and birthday cupcakes before setting off to The Craig's Scout Camp in Torphichen. There we were welcomed by Philip, the Group Scout Leader, West Lothian and his daughter Iona. There was a fantastic play park with zip wire, swings and slides. Everyone played until lunchtime. Philip, with help from the children, built a fire and we all sat together for lunch. Two people were stung by angry wasps but it did not spoil our fun. After everyone had eaten their lunch Philip separated the children into three groups and each group played on a different activity. Some played and climbed through a darkened labyrinth. We had torches to help us find our way around. Some children played on KMX recumbent trikes. They have three wheels and have been described as a 'cool fusion of go-kart, BMX and mountain bike' with a remarkable stability due to its low center of gravity. Lera was very quick on the kart but remained in control. Liosha couldn't find the brakes but managed to stop by knocking over one of the helpers. No one was hurt and it was good fun. Crate climbing was great and the higher we all climbed - the more exciting it was. All too soon, it was time to return to Broxburn, so we thanked Philip and Iona and got into the mini bus. We had juice and sweets and then had a little more concert practice before it was time to go home. Tired, happy. Another great day!



