

On 7<sup>th</sup> February, we had our first Backwoods Cooking practice and you can read more about this on the Activities page.

During the month, we have continued our circuit training regime towards the Fitness Challenge badge. Working in pairs, we have carried out a range of exercises and by timing each other, we are showing how we are improving our fitness.

## Activities in March - not to be missed

**Backwoods Cooking Practice**

Saturday 7<sup>th</sup> March

**1<sup>st</sup> Aid and CPR**

Friday 20<sup>th</sup> March

**District Bowling Competition**

Thursday 26<sup>th</sup> March