Badges gained Healthy Eating:-Thomas, Jude, Harry, Dylan, James, Ethan, Alfie, Alex, Oliver, Jack Philips, Isaac, Ayaan, Harrison, Flynn Fitness Challenge:-James, Thomas, Harry, Ethan, Harrison, Dylan, Alfie, Alex, Jude, Jack P, Charlie, Oliver, Flynn, Danny & Isaac Global Challenge:-Jack Edwards 1st Joining in badge:-

Dylan, Max and Alfie

## Thor Beaver Colony newsletter September and October 2014

On our first night back after the summer we held a Spotty night in aid of the R.N.I.B. The Beavers came in something spotty for a donation and decorated biscuits with coloured spots. We welcomed Isaac Rimmer and Danny Liggett to



We have learnt where Beavers originate and made Beaver pencil holders. At the end of September, we visited the Thurstaston Visitor Centre and Frank Bennett one of the Rangers showed us around. He showed us the bird hide and told the Beavers about the different types of birds that come to the area.

He took the Beavers to the ponds and told them about the different types of pond

life. The Beavers learnt about the different types grasses that grow around the Centre and why.

our Colony.



In October the Beavers started the Fitness Challenge, they have prepared and tasted a variety of healthy foods, each lodge designed their own healthy and unhealthy posters. These can be seen in the Scout hut. We have had an exercise night with 4 different bases where the Beavers spent 5 minutes on each one, monitoring their heartbeats before and after each of the exercises, the exercises were Sit ups, Press ups, Star jumps and Jumping.



To finish this challenge we asked the Beavers if they had started any new sports and if so what they were. We talked about Personal hygiene and how important it is.

Also during October we invested Danny and Isaac.



The Beavers were invited to join the Cubs for 1 night at the District Cub camp at Queen Charlottes Wood, 5 Beavers attended. The theme for the weekend was disability awareness, the Beavers enjoyed the camp and gained a few badges.

