

Dear Diary,

Thursday 19th September 2024

I was woken up this morning by blinding lights coming from the beds in my room. I'm usually not a morning person. However, the adrenaline from the day ahead had me up as quickly as a cheetah pounces at its prey.

After getting dressed I headed to breakfast; it took what seemed to be a millennium for us to finally enter the food-hall. For breakfast, I enjoyed cereal, toast and butter, but best of all, the juiciest and most flavorful bacon I've ever set my sights on (it was about as easy to cut off the fat as it is to saw a tree in half).

The only thing on my mind was how much I was dreading the aquapark later today but everyone else seemed so excited. The icy water – colder than the arctic ocean, the stress of getting changed and ready for the wet surroundings, the germs floating around in the sweat ridden park... this was my worst nightmare.

To distract myself, I tried to take part in the vertical challenge. I had to climb up a wall with different textures e.g. tires, grids, and ladders. Although it was difficult, I'm proud of myself for giving it a go and me and my friends had a laugh with it.

The looming thought of the aquapark hung over me, a cat stalking a mouse, but I still had one saving grace, the trapeze, easily the high-light of my day.

Nervous feelings came over me when I was standing on the edge ready to jump onto the trapeze and reach for the big red ball. The fear drained out of me in less than a second and everything around me turned to silence as I was no longer in contact with any surfaces. My heart was pounding in my ears, but the surroundings were so still you could hear a pin drop. The red ball flew away from me as I hit it with all my power. I DID IT!

At lunch I ate a delicious meal consisting of a burger and some chips, but the looming of the aquapark still haunted my thoughts as I got closer to that dreaded moment. After lining up in the playground, my group (the best group) headed for the setup area where others put on their wetsuits. At this point, I opted out of the aquapark, the pressure was too great for me to go in, instead I helped out and acted as a commentator for the chaos. It turned out to be fun.

In hindsight, maybe it was better I stayed out of the water.

Right now, I'm lying peacefully in bed, while the other kids in the room go bananas over the rashes they've broken out with from the aquapark. Overall, even though parts of today were challenging, I had a good day and pushed myself to take part in activities that are outside of my comfort zone.

Dear Diary

Last week I went to PGL with my school. Although the coach journey was very boring when we got there we had a spot of lunch on the field which we tended to play football on most of the time throughout the week. After lunch we went to our dorms, which we would be staying for the next five days. The rooms were very cool because inside of the bedframe there were LED lights which you could put on any colour you wanted. When we finished unpacking our stuff and setting out our beds, we got told by our group leader that the activities would be starting shortly, after I found out what we would be doing as our first activity, I had a wave of excitement because I knew that we would be doing survival.

In survival, we learnt how to make a fire with Flint and steel, we also sharpened sticks which we found on the Forrest floor with a knife to make sharp pegs for the den that we made afterwards.

Although survival skills was amazing, trapeze was my favourite activity which we did today. The reason for this was because when we did trapeze this conquered my fear of heights. This is a really big deal for me because before I couldn't go on a rollercoaster at a theme park, but now I feel like I can do anything. The reason why I enjoyed this so much was because of the suspense as you climbed up the massive ladder to get on the platform which you then had to jump off to try hit a ball which was in front of you. and then the PGL staff member brought you down as you were sitting in your harness.

After all of them amazing activities we went for dinner at around 5:30. That night we had lasagna which was personally my favourite meal out of the whole week. This was because of the stringy cheese laying on top of the lasagne and the luscious garlic bread on the side. The food was so good that even the salad got my mouth watering.