

Our first day of adventures at RYG have been off to a fantastic start. We woke up bright and early this morning after a suspiciously early night last night. The children were up, brushing their teeth and vacuuming their rooms before some of us staff members finished snoring! We had our very first dorm inspection, and it was the boys who took Geoffrey Giraffe into their dorm today as victors. Reuben provided a thorough guided tour of their immaculate dormitory, whilst the other boys looked on with salutes. The girls clearly have some things to learn!

Our first RYG breakfast went down like a treat, with near limitless amounts of toast, cereal and fruit to go around. Some children were even encouraged by Mr Marks to try Marmite for the first time. Yes, we are truly always pushing the limits of what these children can do, even at the breakfast table. After that, we prepared our lunches for the day, and the moment arrived. The children discovered, not only what their duty groups are, but their activity groups, which were received with positive praise. Not long after, we broke away to complete our daily chores: filling water bottles, setting up the dining room, cleaning the vans, and recording the weather.

This was when we split into our three groups and found out what our activities were for today. Mr Marks' and Miss Ferguson's group took on via ferrata and paddle boarding; Mr Cole's group braved the mines; and Mr Carey's group took on the mountain climb.

Starting with Mr Marks and Miss Ferguson's group, they were given the exciting variety of two activities, paddle boarding on the lake, and via ferrata over a river. They started the day by pulling on their wetsuits and heading to the lake, where they had a lot of fun learning the graceful art of paddleboarding to various degrees of hilarity, but they all mastered it, loosely, by the end. After they dried off, it was off to Via Ferrata to drag themselves across a cliff face over a river attached with a harness, and I can confirm, no children fell in. Massive success.

James said "I enjoyed paddleboarding for the first time, and the via ferrata was tricky but we all got through it!"

Mr Cole's group headed to the deep, dark mines where they braved the depths, climbed across a cavern, rowed a boat across an underwater lake, and even got to zipline through a portion of the cave before clambering up to the exit.

Evie said "Even though it was scary, it was also super fun! A lot of us fell over, but were proud of getting out of the mine!"

Lastly, but certainly not least, is Mr Carey's group who took on the mountain climb. It was certainly hard, but the fantastic weather joined by the wondrous views lead to a very worthwhile climb, with views you can see below.

Kaiden said "I really enjoyed climbing the mountain, and even though it was really tricky, we all tried hard, and got to the top. The view was very nice."

Once everyone was back, we got changed and were ready for today's dinner; chicken curry! Once our plates were cleared and the kitchen was clean, we had some free time where the children played outside, whilst Miss Ferguson and Mr Carey manned the RYG merch shop. Finally, as usual, we settled down with our makeshift campfire, some stories of the day, a little bit of wink murder and hot chocolate, of course.

We look forward to whatever tomorrow holds!

-Mr Carey and the team



What is Hunger?
Hunger is when your body needs energy to work. It is a feeling that tells you you need to eat. It is not the same as being hungry. Being hungry is when you are thinking about food, but you are not eating it. Being hungry is a feeling that tells you you need to eat. It is not the same as being hungry. Being hungry is when you are thinking about food, but you are not eating it.



Food



Love the Imperfections!

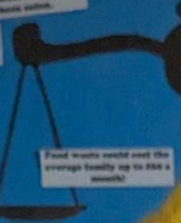
Weigh the act!

Approximately 1.3 million tonnes of food is thrown away by households in the UK every year, and most of it could have been eaten.

90% of the world's hungry live in developing countries.

It's Not Foo Waste

40% of food thrown away that could have been eaten to feed 100 million people.



There are 7.5 billion people living on this planet, with 100 million hungry mouths being fed every day.



Food waste could cost the average family up to £50 a month.

Waste food on your plate goes straight to the bin.

