

# Platanos College News

Monday 9<sup>th</sup> September 2013

## PGL Residential Trip

At the start of the term, our entire Year 7 group of pupils had the wonderful opportunity to attend a PGL multi-activity residential trip over one weekend in East Sussex.

Pupils participated in a host of activities including orienteering, quad biking, climbing and zip wire. The emphasis of the programme was on multiple skills: listening, leadership, teamwork between peers, confidence building, perseverance and communication.

Our pupil, **Eva**, said: *“The trip improved my skills in making friends, which was useful as it is our first week at school.”*

**Juliet** said: *“I learnt to never give up and never say ‘never’.”*

Another pupil, **Tunde**, said: *“I overcame my fear of heights and now I know that if you really focus on something you can rise above it.”*



**Attitude Determines Altitude**



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