



## Latrobe Lifeskills – Newsletter Article

Going into the Life Skills Out of Classroom Program, I was really excited to start. I had a belief that it was going to be really eye opening and fun. Meeting the people inside of Lifeskills and making new friends was going to make this week different and exciting. I was particularly looking forward to going bowling on Friday and doing activities with those involved at Lifeskills.



On our first day with the participants on Tuesday we had a presentation from the CEO and marketing managers of La Trobe Life Skills about their organisation. Following this informative presentation, we went to have lunch with the participants. We had a scrumptious sausage sizzle, cooked by the staff at Lifeskills, and had the chance to mingle with everyone. At the end the day, we ran a sport circuit in the Sport Centre at La Trobe where we played games such as Beanbag Toss, Cricket, Basketball, Quoits and Octopus.

Our second day was a really good day at Lifeskills. We had a delicious lunch of burgers, cooked by the Lifeskills staff and then headed off to do some activities with the participants. I did woodwork, where we created giant Jenga. We helped to sand down the pieces and paint some oil on them to seal it. At the very end, we had the chance to play our creation.

By our third day at Lifeskills, we were starting to understand how the Lifeskills program runs. In the morning, some participants made a special trip over to the terraces to have a tour of our school and take part in Just Dance. After heading back over to Lifeskills, we ate salad rolls, made by Lifeskills Participants. We headed off to activities with the participants, and I got to try my hand at Cake Decorating and Jewellery Making. During Jewellery Making, one of the participants gifted me a beautiful bracelet.

On our last day, we had a smashing time at bowling. I was competing against Sanji, David, and Tamsin. Infuriatingly, I lost and the participants at Lifeskills thrashed me, with a leading score of 113. To follow this, we enjoyed a yummy lunch of Domino's Pizza, and said goodbye to the participants whom we had spent the week with. To say goodbye, they gave us certificates.

By Lily.