



## YEAR 12 ADULTING 101 SEMINARS

**During Long PC on Wednesday 30 August, Year 12 students had the opportunity to choose from a variety of seminars on Adulting 101 - different life skills that they might need as they go out into the world.**

Our wonderful Business and Economics Teachers, Mr Roper and Mrs Kemp, presented on 'Renting and Credit Cards' and 'Savings and Budgeting', and students really appreciated these practical tips for managing their finances. The fantastic Food Tech teacher Mrs Bull presented on Nutrition and Exercise, providing students with valuable advice on how to maintain a healthy lifestyle. Our awesome College Nurse, Mrs Tindall, ran a practical workshop on Basic First Aid, where students got to have a go at CPR and using a defibrillator.

A big thank you to all of our presenters - our Year 12s are now feeling a little more equipped on how to 'adult' as they finish their time at the College.



**Mr Samuel Mills**

Year 12 Advisor, History and English Teacher

---