## Monday 10th October

LO:I can write an autobiographical account about our school trip to Colomendy.

When writing about oneself, it is important to be open and honest . Honesty is the most important thing in anyone's life and I must tell you a memory in my life which I think is my proudest moment yet. It was my teacher, my friends and I that went in a manmade cave . We were nervous but then as we went in some more we got more terrified but some of us got excited!

Group 46, of which I was a member, met our instructors for caving (Tom and Elliot) on the line up yard. They told us the shout out for caving and we sang a song. It was called Bob the goldfish. We quickly set off up the steep path and headed towards the caves.

As our group arrived nervously at the tree house I became more and more nervous. I struggled to stop my hands and the rest of my body shaking. I thought that I might get stuck or hurt. Then I heard someone moan and say that they were too scared to do it.

The time suddenly came! We had to crawl through the squashed entrance of the gloomy cave. I could see fake lumpy rocks which were called by the name of stalactites . They looked like dinosaur teeth hanging from the ceiling and they looked as ancient as ancient Greece. There was dirty water in the cave and I had to crawl through it. So my shoes and everything I was wearing got wet and dirty. At one point, we had to turn our head torches off that were on our helmets and when we did it went pitch black. Suddenly, some members of our group began to scream! Then we crept through a small hole. I thought I was going to get stuck because I'm tall but I didn't! But then there was another hole that we had to drop down! When I looked down it looked like a big drop so I tried to go down slowly but I put too much pressure on my left shoulder. It wasn't a big drop it was a small one but there was five exits . When I got hurt I had to go out the first exit.

By Aeen Mahdavi