



Hello and a warm welcome to 425 Sqn's first quarterly newsletter, created by the Media team, with contributions from other cadets and staff. The purpose is to inform parents about what we have been doing and to give prior notice of future events. So, please enjoy reading this, and, once more, welcome!

Flt Lt Horobin, OC

SPORTS NIGHT

To stay fit and active, we participate in sports nights. This encourages, motivates and tests our skills and fitness level. During these sessions, we start with a warm up. There are three elements of the warm up (Pulse Raiser, Static Stretches and a Skill Based Activity). We then move on to our main activity, this includes: athletics, football, obstacle course etc. There is normally some sort of competition, finalising with a winner. This could be an individual or team competition. During my time at cadets, I have looked forward to sports night, as do other cadets, as it is very enjoyable and healthy.

Cdt Blakemore



AIR EXPERIENCE FLIGHT

When we go flying with our squadron it's a great opportunity to learn more about the planes and how they fly. Going flying with air cadets is a whole new level of fun, first you let the pilot take off, he then shows you some aerobatics like barrel rolls and then you get to take control of the plane. The views from above are stunning and why not take a photo while you're up there to remember the great experience? There are many opportunities to go flying and the more you go the more you learn about aerobatics and new skills.

Cdt Chapman

FIRST AID

For first aid, we have a variety of courses to learn about health, safety and saving people's lives. We have trained first aiders on our squadron with experience along with beginners. During these courses we learn how to not only keep ourselves safe but also others in dangerous situations such as heart attacks and people struggling to breathe. We also cover minor situations such as nose bleeds and small cuts. The more training we can provide, the more lives we can save.

Cdt Eaton





FUNDRAISING

At Burntwood Morrisons, cadets voluntarily helped customers pack their shopping bags. We also helped raise funds for the squadron's needs/causes and moreover spread the Christmas cheer. The experience not only potentially raised the most money from all of the bag packs of the year, but most importantly it made us feel that we did our part for the public and the Air Training Corps.

Cdt Tapper & Biju

WING BAND

One fun thing to do in the Corps is to join and play in the Wing Band. Recently, myself and a few others from our squadron competed at the Corps Nationals. We won three events: fanfare, drum-corps and full band, resulting in us winning the whole competition. Now we are preparing for this year's nationals by learning new songs and recruiting new band members. We have some gigs and concerts to attend and all have good fun playing.

Cdt Smith



DATES TO REMEMBER:

Dining In: 21 April

Stem Camp: 4 – 7 May

Wing Athletics: 12 May

RAF100 Lichfield Parade: 28 May

Aldridge Show: Date TBC in May/June

Youth First Aid course: 2 – 3 June

First Aid at Work course: 9 – 10 June

RAF Cosford Airshow: 10 June

Pelsall Carnival: 7 July

Cyprus Camp: 16-25 July

Summer Swynnerton: 24 – 30 Aug

AGM and BBQ: 11 July (all invited)

Wing Shoot: 10 June

Wing Field Day: 8 July

RAF St Athan: 11 – 18 Aug and 18 – 25 Aug

RAF Valley: 13 – 20 Oct

Bronze DofE: practice (14 – 15 July) and actual (21 – 22 July)

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AIR FORCE**
AIR CADETS
the next generation