



Hello everyone!

I am having a fantastic time on holiday in Africa with my family. We have been spending time with some of my cousins here. The weather has been really warm and we have to remember to put on our sun cream. I am really enjoying trying the different foods.

Because the weather is so hot we all have to be especially careful about washing our hands and washing or cooking food before we eat it, so that we don't get ill. Also, we had to get some vaccination injections before we came here, I wasn't looking forward to it but it wasn't really that sore at all and the nurse told me why it was so important to have them. I think it is really clever that some medicines can try to stop us from getting ill. Anyway, I must go, we are off swimming!

Love from Harold.

