

# Mr Adams

Head of School



Hello Everyone,  
I'm excited to welcome you to your new school and look forward to seeing you soon.

## **My family / friends:**

My wife and I have two grown up children. My daughter is at university studying psychology and my son lives at home and works in sports retail.

We love spending time together with good food and laughing a lot and when we can, spending time with friends, again with good food.

## **Quick fire questions:**

Hot drink: coffee

Cake: flapjack

Best UK destination: The Lake District

Food: Thai

Sport to watch: Rugby

Music: Any music that makes me run fast!

## **All about Me:**

I've been teaching for 25 years and started my career as a PE teacher. My family are really important to me. My wife and I love to cook together and when my children are around, love catching up with them over a good meal.

When I'm not working, I love to exercise and play sports. I love running and going out on my mountain bike. I have run a few ultra-marathons, the longest one being 100km. My aim for the next academic year is to do a duathlon which involves a run, a bike ride and then another run.

I also love going to the mountains when I can. My favourite mountain is Grizedale Pike in the Lake District, especially in winter covered in snow.