

# Ghyllside Primary School

Gillinggate, Kendal,

Cumbria.

LA9 4JB

Tel: 01539 814930

Email: admin@ghyllside.cumbria.sch.uk

Headteacher: Mr.H.B.Davies (BA. Hons)

Thursday 23<sup>rd</sup> May

Dear Parent/Carer

## **Rise and Shine Pre-School Stretching Club for Boys and Girls in Year 6** **Morning 8.20-8.50am Every Friday**

After the success of our stretching club last term, it is back by popular demand. The club will start at 8.20am on Friday mornings only, and finish at 8.50am. The first session will be on Friday 14<sup>th</sup> June and the last session will take place on July 12<sup>th</sup>.

Children will not need any special sports clothing; they can remove footwear for the session. The object of these sessions is to increase flexibility and make children aware of the role of stretching for improved back health and the benefits of regular stretching for improving sports performance and a healthier body.

We can accept a maximum number of 16 children, and the sessions will take place in the studio, or outside on the field if the weather is good. If we are oversubscribed, we will draw names out randomly. Please return the permission slip to the school office by FRIDAY 7 JUNE.

I will send a confirmation text to all parents who have returned the permission slip and also to inform those that may not get a place.

Yours in Sport, Mr Hoare.

---

Please return to the School Office by Friday 7<sup>th</sup> June

## **Rise and Shine Pre-School Stretching Club for Boys and Girls in Year 6** **Every Friday Morning 8.20-8.50am Starting Friday 14 June.**

Child's Name \_\_\_\_\_ Class \_\_\_\_\_

Signed Parental Permission \_\_\_\_\_

Telephone Contacts \_\_\_\_\_

Please inform me of any special or medical needs your child may have.

