

Ghyllside Primary School

Gillinggate, Kendal,

Cumbria.

LA9 4JB

Tel: 01539 814930

Email: admin@ghyllside.cumbria.sch.uk

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

Dear Parent/Carer,

Thursday 12th June 2025

YEAR 5 FRIDAY FITNESS CLUB

I am excited to be holding a Fitness Session on a Friday from 8.15am - 8.45am, starting on Friday 20th June. The focus is on improving 'Fitness for All' and having fun. All sessions will be held on the field or in the dance studio.

If your child wants to attend, please:

- Ensure they are in school at 8.15am (not early or late please) and line up on the flags outside the library.
- Come in PE kits, coats and trainers (they will stay in this). If they have spare trainers that would be great as they may get wet.
- Bring their inhaler if they need one.
- Return the slip below please.

The 4 sessions will be on the following Fridays:

20.6.25

27.6.25

4.7.25

11.7.25

I am really looking forward to starting this club and hope the children enjoy it.

Kind regards,

Jane Reedy

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Please return slips to Mrs Reedy by Wednesday 18th June

YEAR 5 FRIDAY FITNESS CLUB

I give permission for my child.....to take part in FITNESS CLUB

on Friday mornings from 8.15am-8.45am.

My child does / does not need an inhaler.

Signed:.....

Date:.....

Our Mission: Ghyllside Primary School – Growing Hearts and Minds

Our Values: Inspiring Healthy Inclusive Nurturing Experiences