

Ghyllside Primary School
Gillinggate, Kendal,
Cumbria.
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Headteacher: Mr.H.B.Davies (BA. Hons)

Dear Parent/Carer

8th December 2025

Year 4 Trip to Westmorland CrossFit
Tuesday 20th January 2026

During our fitness session on a Tuesday morning, Mrs Wyatt has been doing a CrossFit based session with everyone and the children have thoroughly enjoyed it. These sessions have been hugely beneficial to the children's, overall fitness, core strength, co-ordination and resilience. We have seen improvement in all of these areas in the children already. Mrs Wyatt is a CrossFit Level One coach and also Kids CrossFit coach so we are in good hands.

CrossFit is a strength and conditioning program that combines functional movements, like squatting and lifting, performed at high intensity. The workouts are "constantly varied" to include a mix of weightlifting, calisthenics, and cardio such as running and rowing to improve overall fitness across a broad range of domains. While we have been doing CrossFit style workouts at school with limited equipment we are excited to take the children to the gym to be able to explore all they have there and have a full fitness session.

We are asking for a 50p donation to go towards the hire of the gym, please can you send this in before the end of term. We will be out of school from 9.00am-11.00am on the 20th of January. Children need to wear their PE kit and bring a drink for the trip.

Yours sincerely

The Year 4 team

Our Mission: Ghyllside Primary School – Growing Hearts and Minds
Our Values: Inspiring Healthy Inclusive Nurturing Experiences