

Ghyllside Primary School
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Headteacher: Mr.H.B.Davies (BA. Hons)

10th June 2026

Year 4 Trip to Westmorland CrossFit, Tuesday 30th June

Dear Parent/Carer

All of Y4 children thoroughly enjoyed the last trip to Westmorland CrossFit so we are doing it again!

CrossFit is a strength and conditioning program that combines functional movements, like squatting and lifting which is 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.

This time we plan on doing another fun fitness session, further developing the movements and fitness levels we have gained during our school-based CrossFit sessions on a Tuesday morning.

We are asking for a £1 donation to go towards the hire of the gym, please return this before Friday 26th June. We will leave school at 9am and return for 11:30am. Children need to wear their PE kit and bring a water bottle and fruit snack for the trip.

If you could help walk us down and back please let a member of Y4 staff know.

Yours sincerely

The Year 4 team

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