12 December 2014
19 Kislev 5775

Dear Parents,

Before School Fun Fitness Program – Term 1

We are pleased to be continuing the fitness component of our Junior School Sports Program in Term One. This program is aimed at getting our students more active, with fitness specific games suitable for students of all ability levels in a fun environment. Over the duration of the program activities will include boxing, large rope relays, ladders, balance games, step races, and agility pole races. Students will experience using a wide range of fun equipment including boxing mitts, focus pads, balance boards, step ladder, three wheel balance roller, agility poles, reaction balls and tug-of-war rope.

Time: 7:50 – 8:20am
Cost: $10 - Charged to school fees
Day: Years K-2 Monday
      Years 3-6 Wednesday

Date: Monday – February 16 & 23, March 2, 9,16 & 23
      Wednesday – February 18 & 25, March 4,11,18 & 25

Please indicate if your child would be interested in participating by completing the form below and returning to the Office.

Yours sincerely,

Mr Tim Fischer Mr Michelle Chaplin
Sports Co-ordinator Head of Junior School

Permission Slip – Before School Fun Fitness Program

I would like my child ____________________________ of Year ____________ to participate in the ‘Before School Fun Fitness Program’ in Term 1 on the above mentioned dates.

I authorise the teacher in charge to consent, where it is impracticable to communicate with me, to my child receiving such medical or surgical treatment as may be deemed necessary. I will bear the cost of this treatment.

Parent/Guardian Name:____________________________

Signature: ____________________________ Date: ____________________________