21 September 2016
18 Elul 5776

Dear Parents,

**Before School Fun Fitness Program – Term 4**

We are pleased to continue the fitness component of our Junior School sports program in Term Four, 2016. This program aims to get our students more active, with fitness specific games suitable for participants 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 go through the experience of 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:** Mondays: October 31, November 7, 21, 28, December 5, 12 (no lessons on the 14/11)
Wednesdays: October 19, 26, November 2, 9, 23, December 7 (no lessons on the 16/11 & 30/11)

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

Yours sincerely,

Mr Luiz Ramalho  Mrs Jodie Hoenig
Sports Co-ordinator  Head of Junior School

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**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 4 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 Name: ___________________ Date: ___________________

Signature: ___________________