



## ST JAMES CATHOLIC PRIMARY SCHOOL, HEBBURN

11<sup>th</sup> December 2024

Dear Parents and Carers,

### Fitness Classes at St James

At St James we are proud to be a Healthy School. We know that when families exercise it encourages and builds healthy habits for the future, whilst maintaining good heart function and promoting positive mental health which benefits the whole family.

With this in mind we are teaming up with Stacey Hegarty who runs Dottir Strength and Fitness. Stacey is also a previous St James student as well as a long-standing St James parent.

We are proposing a number of fitness sessions which will take place in the school hall. Each session will cost £3.50. We are currently at the consultation stage; in order for us to finalise the sessions we need your help. Please tick below which classes you would like to take part in on Tuesday and Friday and return the slip to school as soon as possible. We will then arrange the fitness classes around the most popular option/s.

This is a wonderful opportunity for us to enjoy exercise in school and we look forward to hosting these sessions.

Yours sincerely,

Mrs Francesca Heslop  
Headteacher

#### TUESDAY

Option 1 2:30 - 3:20pm **ADULTS ONLY**

#### OR

Option 2 3:30 - 4:15pm **ADULTS WITH THEIR CHILDREN**

#### FRIDAY

Option 1 2:30 - 3:20pm **ADULTS ONLY**

#### OR

Option 2 3:30 - 4:15pm **ADULTS WITH THEIR CHILDREN**

Mrs Francesca Heslop  
Headteacher  
BSc (Hons) P.G.C.E.

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