



## ST JAMES CATHOLIC PRIMARY SCHOOL, HEBBURN

6<sup>th</sup> January 2025

Dear Parents and Carers,

### Fitness Classes at St James

As you may remember we consulted with parents before the Christmas holidays about a proposed fitness class which will take place at St James and will be led by 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.

Following the consultation, the most popular option for the fitness class was a **Tuesday 3:30 - 4:15pm ADULTS WITH THEIR CHILDREN**. The classes will start on Tuesday 14<sup>th</sup> January. Each session will cost £3.50 which should be paid in cash on the day. Please return the form below if you would like to attend the Fitness Class with your child.

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. This is a wonderful opportunity for us to enjoy exercise in school and we look forward to teaming up with Stacey to host these sessions.

Yours sincerely,

Mrs Francesca Heslop  
Headteacher

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### Fitness Classes at St James

My child and I would like to attend the Fitness Class with Stacey starting on Tuesday 14<sup>th</sup> January.

Child's Name \_\_\_\_\_

Class \_\_\_\_\_

Parent/Carer Name \_\_\_\_\_

Parent/Carer Signature \_\_\_\_\_

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Mrs Francesca Heslop  
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