



15<sup>th</sup> November 2023

Dear Parent Carer

I hope this letter finds you well. At Newbridge Secondary School, we are committed to providing a holistic educational experience that nurtures both the academic and physical well-being of our students.

As part of our effort to promote fitness and overall health, we are planning to introduce fitness sessions that include strength training and functional fitness into our curriculum.

These sessions will be conducted under the supervision of Mr. Nicholls who has experience working with students in a safe and controlled environment.

We believe that participating in these fitness sessions will not only enhance the physical fitness of our students but also instil values of discipline, teamwork, and perseverance. Our aim is to empower students with the knowledge and skills to maintain a healthy lifestyle beyond their academic years.

In order for your child to participate in these fitness sessions, we kindly request your consent. Your approval will allow them to engage in activities such as strength training, Olympic weightlifting, cardiovascular exercises, and flexibility routines, tailored to their age group and fitness levels.

We assure you that the safety and well-being of your child are our utmost priority. Should you have any concerns or require further information, please do not hesitate to contact us.

To grant consent for your child to participate in these fitness sessions, please sign and return the enclosed consent form by Friday 1<sup>st</sup> December. Your prompt response will help us in planning and organising these sessions effectively.

Thank you for your ongoing support in providing comprehensive educational experiences for our students.

Should you have any questions or concerns, please do not hesitate to contact the school office on 01905 763580.

Yours sincerely

Mr Chad Nicholls  
Teacher



**FAO: Newbridge School Office**

I have read and understood the information supplied about Fitness Sessions and consent to my child being offered this educational experience.

Student's name: \_\_\_\_\_

Signed by: \_\_\_\_\_

Print: \_\_\_\_\_

Date: \_\_\_\_\_