



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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20 July 2017

Dear Parent/Guardian,

Year 8 Friday Fitness Club 2017

As a part of our Pastoral Care program, Year 8 have been invited to participate in a fun fitness program held on a Friday morning at school. There will be a variety of fitness activities on offer, with each week being different from the next. The aim of the program is to build camaraderie and a sense of belonging, whilst improving the fitness levels of our students. Staff at St Joseph's will be running the sessions.

We are also looking to provide breakfast occasionally after the session.

Venue: School Gym
Dates: Fridays during Term 3 and Term 4
Time: 8.00am to 9.00am
Cost: No charge

Please complete the attached slip and return it to the office prior to the first session your son/daughter participates in.

Sincerely,

Mrs. Jodie Linsley
Year 8 Coordinator

Year 8 Friday Fitness Club 2017

Teachers : Mrs J Linsley and a variety of St Joseph's staff
Event: Year 8 Friday Fitness Club
Date: Friday's in Terms 3 and 4

I give permission for my Son/Daughter _____ of Homeroom _____ to participate in the Friday Fitness Club on Friday mornings between 8.00am and 9.00am in the school gym.

I understand that from time to time breakfast will be served after the session.

I understand that I am responsible for my child's transport to school in the morning.

My child has a history of the following injuries: _____

Parent Signature: _____ Daytime Contact Number: _____

Date: _____