



BISHOP CREIGHTON ACADEMY

Principal: Mrs V Redhead

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Thursday, 7 December 2017

Dear Parents/Carers,

Vic's Gym, Hampton - Boxercise Visit Wednesday, 13 December 2017

This term, your child has been taking part in a Motivational Boxercise programme led by Mr Kennedy, Youth Dreams Project sports coach.

The programme aims to provide an outlet for young people to release stress and focus on something positive. The programme is not only supporting our boys to feeling fitter, and healthier; but is also boosting their confidence and self-esteem. Sessions are also teaching self-control, respect and encouraging the boys to make positive life choices. Our Sports Playmakers have also been involved as positives role models within the sessions.

To culminate the programme, we have organised a visit to **Vic's Gym in Hampton, Peterborough on Wednesday, 13 December 2017**. The boys will leave school at 1.15pm and will return at 3.10pm. They will need to wear their academy PE kit and take a water bottle.

Please return the permission slip below by Mon, 11 December 2017.

We look forward to an exciting afternoon.

Yours sincerely,

V Redhead
Principal



Permission Slip - Vic's Gym in Hampton

I give permission for my child to attend visit to Vic's Gym in Hampton, Peterborough on Wednesday, 13 December 2017.

Name of child:..... Signed:

Part of the Greenwood Dale Foundation Trust Group of Academies

