

4 May 2021

Dear Parent/Guardian

RE : Thursday after school skipping club - 13th May 2021 - 15th July 2021

As you are aware, lockdown has brought changes to all our lives, however, at St. Joseph's we rose to the challenge and brought a whole new set of skills to our children through skipping. Even Santa got involved by ensuring all our children received a rope to use at both school and home.

Skipping is a physically challenging activity working on a large number of muscles in the body whilst also incorporating agility, balance and co-ordination. The skills learnt in skipping are transferable to a number of different sports.

We wish to give our children as much support as they require to be actively engaged at break, lunch and at home, without the need for adult involvement. We intend for these sessions to be fun whilst also mentally and physically stimulating.

At the moment, this club is exclusive to Yr4 so please do take advantage of this opportunity for your child. There is a limit of 30 children and places will be allocated on a first come first served basis by completing the google form below:

<https://forms.gle/fVRZScR9ceAfgPRR9>

Children need to bring in their own ropes for hygiene safety and to avoid the need for excess sanitizing.

Please note that this club is FREE of charge and we are giving up our own time to support this programme. We should therefore be grateful if you would make every effort for your child to attend all sessions and ensure pick up promptly at 4.20pm.

If there is any problem with your child not being able to make a session, please ask your child to let one of us know as the earliest opportunity.

Yours faithfully

Miss Ugbo & Mrs M Mangan