

## Dear Parents and Carers

Before Christmas many of you completed an Ofsted questionnaire and it was pleasing to see that 87% of you would recommend All Saints Academy to other parents. This was one of the many positive responses. In the next few months I want to focus on a couple of areas that did not receive positive responses over 75%, namely the points below:

68% of parents said the school responded well to concerns.

68% of parents stated they receive valuable information about their child.

Parents' Evenings are an excellent opportunity to meet with your child's teachers and find out what they need to do to improve. Unfortunately, Parents' Evening is rarely attended by more than 70% of parents.

When I reflect upon all of these findings it suggests to me that there are barriers that prevent parents attending parents' evening and that not all parents feel the reports contain the information they would like about their child. Also, some of you have clearly experienced a lack of satisfaction in the response to your concerns.

In an effort to improve communication with home through reports, attendance at Parents' Evening and responding to concerns I would be grateful to receive your suggestions for improvements to the parent contact email address below:

[parentcontact@asadunstable.org](mailto:parentcontact@asadunstable.org)

Do have a wonderful Easter holiday and if your child is studying for final exams please remind them to take full advantage of all the help their teachers are offering over the two-week holiday period.

**Liz Furber**  
Executive Principal

## Dear Parents and Carers

There has been much recent coverage about the racist abuse used against England football players in their match in Montenegro. There are calls for the host country to be punished, either by playing their games behind closed gates or actually being thrown out of the competition. Those fans who make these unpleasant comments do not perhaps understand that actions have consequences.

Verbal abuse of any type is unacceptable but that does not mean that some students and, unfortunately, a few parents resort to unpleasant language towards each other and towards staff. The governors are adamant that such actions will not be tolerated and they will use appropriate sanctions against those who resort to such behaviour.

There are over 170,000 words in the English language, many of them allowing people to express their frustration other than resorting to 'four-letter words'. Every day, our students have the opportunity to read from a wide variety of literature to expand their vocabulary. We should all do our very best to communicate with each other politely and with dignity, one of the core values of the Academy.

**David Fraser**  
Chair of Governors

**~ REMINDER ~**  
**Staff Training Day**  
**Thursday 2nd**  
**May**

### High Attainers

With 6 weeks until the GCSE exams start, Mrs Furber and I have taken tutor time for our Year 11 High Attainers. Every Monday and Tuesday morning we are stretching them with a range of questions to set them up for achieving the top grades. We are offering bursts of challenge, kick starting the day with anything from Maths to Biology. We have seen great engagement from students who are making the most of this input. The students have made great advances in their latest assessments and we are really excited to see the improvement in their Working at Grades.

**Mel Tynegate**

Deputy Assistant Principal—Individualised Pathways

**It is very important that we hold the correct contact details for you. If you have changed phone number or email address, please let the Academy know.**

### Help Available

Should any family be in a challenging situation and would benefit from support via the Foodbank, please contact Anita Pullen in strict confidence on 01582 619700 or [apullen@asadunstable.org](mailto:apullen@asadunstable.org) for a Foodbank voucher.

Also, should anyone be struggling with replacing items of uniform please contact me.

**Anita Pullen**

Welfare and Safeguarding Officer

### Thrive App

We are delighted to be able to provide access to the Thrive app for all of our students at no cost. We have decided, as an Academy, to provide this access for all students and not just those we know to be experiencing difficulties. We know that good mental health is an important aspect of life stability and that difficulties can arise at any time. The app is developed in partnership with the YMCA and is linked to major support networks including The Samaritans. It is a preventative system which allows students to track their moods, set themselves goals, practise relaxation techniques and it also signposts the places where students can get support if they feel they need more significant intervention. **The app will appear on the home screen of all iPads and can be accessed by using the code YMCA0119YP.** We would encourage all of our students to use whichever features of the app they feel comfortable with and we will monitor usage to see whether it is a service we should provide in the longer term.

### Young Carers

On Wednesday 24th April all our identified Young Carers will be invited to an afternoon of fun, games and support. We are hoping that this will be successful and become a regular half termly event. Please keep your 'eyes peeled' in the next newsletter for a review and photos of the event.

### **Attendance Matters**

Great attendance is clearly linked to great outcomes for students. If students are not in the Academy, they cannot learn. Every day missed represents five hours of content and learning that will not be repeated. Local Authority data for the last Year 11 cohort shows that students who maintained 100% attendance achieved a significantly positive Progress 8 score, whereas those whose attendance was between 95% and 100% achieved a negative Progress 8 score. With this in mind, you will not be surprised at our continued drive to improve attendance. We are particularly focusing on students whose attendance has slipped to below 90% which makes them a “persistent absentee”. Those who are in the 2% category are required to register with Miss Goodchild or Miss Bolton every morning and those who are in the 5% category are required to register with Mr Hide every morning. At 3.00pm every Friday, students must come to the Main Hall to find out whether they have improved their attendance enough to move out of their category and return to their form group. **It is important that you contact the Academy on any day that your child is unable to attend. If no reason is provided for absence, an O code is issued. 10 “O” codes in a 12 week period will attract a Fixed Penalty Notice and a fine from the Local Authority. For students with an already low attendance rate, medical evidence is required for all absences.**

Elaine Boyd  
Assistant Principal—KS3

### **Holidays in Term Time**

In common with the majority of schools in England, we do not authorise term time holidays. Should parents/carers take their child out of school, a Fixed Penalty Notice and a fine from the Local Authority will be issued and the absence will be unauthorised unless there are exceptional circumstances.

### **Punctuality Matters**

During recent monitoring, we were concerned to notice how many students were arriving after the school bell. We have reintroduced a break time detention for any student who arrives after 8.30am. If this is not completed, the detention is escalated to a lunchtime detention on the same day. As the majority of students live close to the Academy, there is no reason for any student to be late. If there is an exceptional circumstance, we would be grateful if parents/carers could contact us to provide a reason. **Students who arrive after 8.50am in the morning are awarded a U code on the register unless a valid reason, supported by appropriate evidence, is provided. 10 “U” codes in a 12 week period will attract a Fixed Penalty Notice and a fine from the Local Authority.**

### **Spring Term Reward**

Each term, we challenge our students to earn an end of term reward by maintaining excellent behaviour (5 or fewer behaviour points), excellent attendance (above 95%) and excellent efforts for their House (20 or more House Points). We are delighted that 108 of our Key Stage 3 students have achieved this very high standard. We have decided that this term’s reward will be a lunchtime pizza party followed by a special performance of our school production, Peter Pan. We have also listened to our students and we are providing this reward at no cost to families so that the reward can be enjoyed by everyone who is eligible. A letter with details will be sent home shortly.

### **Key Stage 3 Interventions**

As we move into the summer term, we will be working with Learning Performance, a rated educational company, who will be providing workshops to enhance the learning skills of our Year 7 and Year 8 students. Each year group will work with the company for a day and there will also be a workshop for parents/carers so that you can understand the techniques your child has been introduced to. The company will also be running a six week programme for our High Attainers group and this will take place on Wednesday during Period 5 for the first part of the summer term.

### **Reading and Literacy Intervention**

We firmly believe that students can only access the curriculum effectively when they can read fluently and confidently. For those students in Key Stage 3 we have a number of interventions including sessions with our Student Support Workers, additional support from our Sixth Form Reading Partners and sessions with our Parent Readers. Many thanks to the students who have turned up promptly for their reading sessions and to all the people who have supported them. We are certainly seeing impact in reading confidence.

### **Our Community Matters**

Students at All Saints show great concern for their environment and we have recently been looking at ways of reducing litter on site, particularly in this very windy weather. Each week, one form group has been taking responsibility for clearing the site of litter. At the end of each week, those students who have participated enjoy a Period 5 Pizza Party with their form tutor to recognise a job well done. Key Stage 3 have been leading the way with this initiative and so far 8 Courage, 8 Determination and 8 Excellence have done their week of duty with a noticeable improvement on site.



### **Houghton Regis Pancake Race**

Congratulations to Jorge Groh, Isabelle Wallin, Kai McEwen and Hayden Keeler who were the winners in the Houghton Regis Pancake Race with the fastest time across the town, even beating our own Key Stage 4 and Sixth Form teams! They were delighted to receive their medals and trophies from the Mayor, Councillor Wattingham.



### **Assessment Point 4**

We have recently completed assessments in all subjects and your son/daughter will be bringing home their Flight Plan at the end of term. We are pleased with the in-year progress our Key Stage 3 students are making and will be adjusting some teaching group allocations as a result of the progress made.

**Rewards Assemblies**

Year 7 and 8 Rewards Assemblies took place this week and certificates and prizes were awarded to the following students:

**Year 7**
**Superstars**

Benjamin Dooley  
Megan Jones  
Amabel Abe  
Dilaksha Satkunarupan  
Ellie Bilton

**Top 10 House Points**

Rebekah Godbold  
Zachary Bonney  
Solomon – James  
Towner Stathers

Maja Zdanska  
Stefania Ilica  
Melinda Michaels  
Megan Jones

Scarlett Sale  
Callum Church  
Millie Lockett

**Top 5 Progress 8**

Dilaksha Satkunarupan  
Maja Zdanska  
Kai McEwan  
Lily Hellidias  
Patrick Kallay

**100% Attendance**

Rebekah Godbold  
Stefania Ilica  
Megan Jones  
Callum Church  
Millie Lockett

Irina-Maria Vaduva

Hayden Keeler  
Benjamin Dooley  
Amabel Abe  
Godfrey Jiri

Ellie Bilton  
Dilaksha Satkunarupan  
Cameron Scott-Hyde

Bartek Grabinski  
Hayden Fisher  
Jayden Hollinshead

Jack Howe  
Jacob Shaw

Lincoln Whitlock  
Alice Slominska

**Head of Year**
**Recognition**

Alfie Cox  
Stefania Ilica

**Year 8**
**Superstars**

Leo Pyatt  
Millie Woods  
Olivia Swiderski  
Nicholas Montgomery  
Ethan Clark

**Top 10 House Points**

Emma Hendry  
Annabelle Glasper  
Aleks Gosk  
Kayley Cullis

Nicola Swiderski  
Cassidy Pratt  
Filip Suchcicki  
Caitlin Anstey  
Georgia Engleman  
Tyreece Yusaf

**Top Progress 8 students**

Nicola Swiderski  
Roxanne Gazeley  
Diyar Karamanoglu  
Shannel Daniel  
Annabelle Glasper

**100% Attendance**

Emma Hendry  
Olivia Swiderski  
Nicola Swiderski  
Ethan Clark  
Rhianna Rodgers

Estelle Lee-Mowatt  
Harry Dye

Joel Goodwin-Hyde  
Samuel Odetola

Diyar Karamanoglu

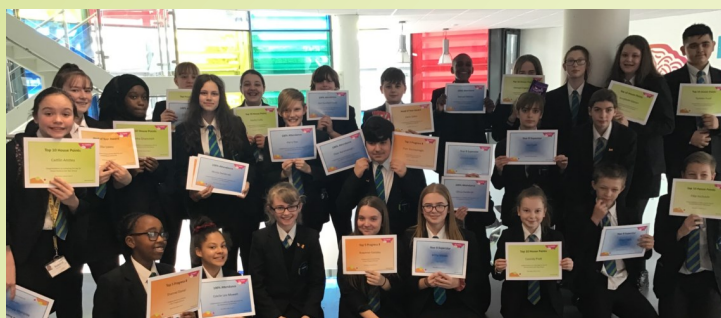
**Living Well Ambassadors**

COU- Emma Hendry  
DET- Pyper Levingstone  
EXC- Shannel Daniel  
INS- Kerry Breed

RES- Ella Ivers

**Head Of Year**
**Recognition**

Denis Gabor  
Ellie Sibley



## Easter Intervention & Support

**All interventions are 09:00 – 13:00 unless specified**

Monday 8 <sup>th</sup>	Tuesday 9 <sup>th</sup>	Wednesday 10 <sup>th</sup>	Thursday 11 <sup>th</sup>	Friday 12 <sup>th</sup>
<b>Dance</b> SBO 09:00 – 15:00	<b>Chemistry</b> LRO	<b>Maths</b> NMA CCH	<b>History</b> JAS Part 1 USA: 9 – 11:45 Part 2 WW1:12:15 - 15:00	<b>English Lit</b> MJO & EMB Part 1 = 10 – 11:10 Part 2 = 11:20 – 12:20
<b>Maths</b> NMA/JST	<b>Maths</b> NMA/JST	<b>Art, Graphics &amp; Photography</b> KHA & MTY 09:00 – 15:00	<b>Biology</b> LRO	
<b>Media</b> NFO 09:00 – 15:00	<b>Music</b> NFO			
<b>Food</b> CRN 09:00 – 15:00				
<b>Physics</b> KSE 09:00 – 11:00				

Monday 15 <sup>th</sup>	Tuesday 16 <sup>th</sup>	Wednesday 17 <sup>th</sup>		
<b>French</b> VLA 12:00 – 14:00	<b>Biology</b> AOR 09:00 – 11:00	<b>Chemistry</b> EAF 09:00 – 11:00		
	<b>French</b> VLA			

### Exam Success

In January, Year 11 Music students sat their Unit 1 exam about careers and job roles in the Music industry. We are celebrating the best results that we have had in the Academy for the January sitting of the exam. We would like to pass on our congratulations to Shannon Dolan, Millie Dutnall, Luke Eckersley, Joe Gait, Lemar Houslin and Ella Varle for their excellent achievement.

### UK Biology Challenge

This week 150 students in Years 9 and 10 took part in the UK Biology Challenge. All students who have taken part in this year's competition are now eligible to a free year of BioNet membership, which provides them with electronic subscription to The Biologist magazine and e-newsletters featuring bioscience-related news and events. The awards will be announced after Easter when the grade boundaries are published.

**Julie Roy**

Second in Curriculum for Science

**Year 9, Year 10 and Year 11 Celebration Assemblies**

Well done to the following students on receiving awards in the Celebration Assemblies.

**Year 9**
**100% attendance**

 Daniel Stevens  
 Charlie Kearnes  
 Thomas Luckett  
 Caitlin Jones  
 Weronika Kwestarz  
 Charlotte Bass  
 Tyler Uzzell  
 Charlotte Preston  
 Ashley Peters

**100% attendance**
**Spring Term**

 Ameen Akhtar-Nazar  
 Charlotte Bass  
 Emma Collett  
 Ellen Goodwin-Hyde  
 Charlotte Preston  
 Caitlin Jones

**Top 5 Progress 8**

 Priscilla Addai-Asamoah  
 Nikki Budd  
 Shania Miller  
 Jasmine Sujawal  
 Hannah Roberts

**Top 10 House Points**

 Daniel Mimer  
 Ebony Lee  
 Priscilla Addai-Asamoah  
 Sian Thompson  
 Weronika Kwestarz  
 Holly Palmer  
 Haydn Mason  
 Mckenzie Budd  
 Caitlin Edwards  
 Shannon Curry

**Top House Points**

 Abbie Stock  
**Year 9 Superstars**  
 Cameron Payne  
 Harry Hourican  
 Emma Collett  
 Charlotte Bass  
 Millie Smith

**Head of Year Award**

 Daniel Agnew  
 Emma Collett

**Year 11**
**HOY Recognition**

 Paige Adams  
 Olivia Coleman

**100% Attendance**

 Thomas Farmer  
 Frankie Young  
 Tyler Jones  
 Cody Mooring  
 Lauren Adkin

**100% Attendance**
**This Term**

 Thomas Bland  
 Paula Fischer-Fodor  
 Emanuela Bida  
 Shianah Watts  
 Turaya Moore  
**Superstars**  
 Alanta Doyle

Louie Woodford

Amalia Girnet

Tyler Jones

Paula Fischer-Fodor

**Top Achiever**

Lauren Adkin

**Top Achievers**

 Lauren Corr  
 Robert Collins

**Year 10**
**100% attendance**

 Ben Begley  
 Lucian Nicolae  
 Ryan McGregor  
 Jack Bilton  
 Charlie Turner  
 Callum Blythe  
 Thomas Vowles  
 Jake Pentecost  
 Aimee Glesthorpe  
 Karen Foster  
 Lauren Acton  
 Lucy Woods  
 Sophie Chandler

**100% attendance this term**

 Haydon Williams  
 Lauren Acton  
 Jack Bilton  
 Karen Yeboah  
 Jake Pentecost  
 Sophie Chandler  
 Callum Blythe  
 Aidan Rimmington  
 Deborah McAnim  
 William Stock  
 Josh Weir  
 Lucian Nicolae  
 Joshua Jackson

**Top 5 Progress 8**

 Isabella Federico  
 Ciera Lynn  
 Katie Horley  
 Elizabetta Federico  
 Rebecca Johnson

**Top 10 House Points**

 William Stock  
 Chloe Smith  
 Lauren Acton  
 Chloe Allen  
 Madison Bennett  
 Sophie Chandler  
 Niamh MacGregor  
 Lucy Woods  
 Ella McAlpine  
 Karen Foster

**Highest House Points**

Chloe Allen

**Year 10 Superstars**

 Madison Bennett  
 Holly Kristiansen  
 Kian Dalton  
 Lucian Nicolae  
 Ella James-Lee

**Head of Year Award**

 Chloe Smith  
 Nichita Maftei

Danniella Mitchell

**Top 5 Progress 8**

 Melissa Smith  
 Emily Stokes  
 Dylan Jones  
 Amalia Girnet  
 Emanuela Bida

Jenna Booth

Cole Braddon

Chelsea Burden

Adam Denny

Emily Stokes

Paula Fischer-Fodor

Taylor Mardon

Charise Myrie

Sam Markham

### **Applying to Sixth Form at All Saints Academy**

What to do after GCSEs have finished can be a big and difficult decision for students. At All Saints Academy we have a range of A levels and BTEC courses to suit most students. If you are in Year 11 and are unsure of what to do next year, please speak to Mr Miller or Mr Lee and they will be able to help assist you with decision making for next year.

### **6th Form Celebration Assembly**

Well done to the following students on receiving awards in the Celebration Assembly:

#### **100% Attendance Spring Term**

Georgia Roberts  
Jessica Kelly  
Rhiannon Bennett  
Summer-Louise Lacey  
Lucy Crossley  
Reece Flitton

#### **100% Attendance (to date)**

James Hagan  
Caitlin Pratt  
Cody Robinson  
Zoe Samuels  
Arron Barry  
Felicity Young

#### **Top House Points (to date)**

James Hagan  
Luke Conniff  
Cian Geraghty  
Mihai Argint  
Megan Adams  
Hayley O'Brien  
Ryan Elliott

#### **Top House Points (Spring Term)**

Georgia Roberts  
**Top Achievers**  
Liam Lindgren (Year 12)  
Arron Barry (Year 13)

### **Exam Period**

As we enter another exam period, it is vital that students in Sixth Form are working hard to maximise their chance of success in the exam period. Planning is the key to success. When will revision be done? What subjects need more work than others? When will the time to relax be? If you are in Sixth Form, make sure that you have a sensible plan for your Easter holiday work, what you are going to do and when. On results day, no one ever regrets their hard work!

### **University and Apprenticeship Fair**

At All Saints Academy we are committed to the destinations of all our students and we recently took our Sixth Form students to a University and Apprenticeship Fair in Milton Keynes. This was a massively successful event where students could gather information on different universities, funding for university and the range of apprenticeships on offer. We hope our students found it inspirational.



## Peter Pan

J.M Barrie donated all the rights of Peter Pan to Great Ormond Street. All proceeds from this performance will be going to GOSH. GOSH is a charity close to our hearts here at All Saints Academy; they have provided care and support to a number of our students and still continue to do so.

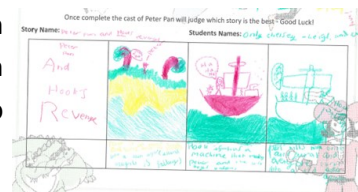
### The Story of Peter Pan

Peter Pan is a play about a free-spirited and mischievous young boy who can fly and who is determined to never grow up. When Peter Pan is not being the leader of the Lost Boys he goes on adventures and finds himself in the house of the Darlings. It does not take much to persuade the three Darling children to join him on the mythical island of Neverland. There they will meet fairies, pirates, mermaids and the Wild Girl Gang and have adventures galore.



### The Performances

On Tuesday 19th March the cast of 50 students, ranging from Year 7 to Sixth Form, had their first matinee performance. The audience was 150 students from Thornhill Primary School, Tithe Farm Lower School, Houghton Regis Primary School and Thomas Whitehead Primary. The cast then held a Q&A session where hot topics of Hooks heels and advice for their own show was discussed. Congratulations to the group of students from Thornhill who won the Art competition where they continued the story of Peter Pan.



On Wednesday 20th and Thursday 21st March the cast performed to a sold out audience. Huge thanks go to our audience members, in particular the family and friends from the cast who support all of our performances. The cast have been working on this performance since October and have put in an incredible amount of time and dedication to rehearsal and learning their lines. We are sad that it is now over but plans for the Summer Show have already started! Well done to all the performers and stage helpers for this incredible production!

*"I have loved the build up to this performance and the set is incredible. We are all one big family of Peter Pan"*

*Chloe Smith (Wendy)*

*"I have really enjoyed working with this cast; all performers are incredible, I am so proud of everyone"*

*William Stock (Peter Pan)*



### Preparing for Easter

In the lead up to Easter, our Big Question has been "Is money the root of all evil?" and we have been reflecting on issues relating to fair trade and global charity. Our students have been focused on giving through our Comic Relief activities and we have also raised £1000.00 for Great Ormond Street Hospital through ticket sales and collections for our production of Peter Pan. In the week before the Easter break, our assembly theme is "Thirty Pieces of Silver" and we focus on how influential money, or the lack of it, can be. Our final whole school assembly of the term will focus on the Easter story.

### Help Over The Holiday

We hope you all have a stress free and peaceful holiday period. The following numbers are provided in case anyone in our Academy family needs additional support at this time.

Samaritans	01582 720666/116123 (free)
Salvation Army	01582 606031
NSPCC	0808 8005000
Childline	0800 1111
Domestic violence	0808 2000247
Mind Mental Health	0300 123 393
NHS	111
	Text 86463

Also....

Beehive Children's Centre *	01582 699092
Tithe Farm N'hood Centre*	01582 867692

Noah Enterprise (Homeless) 01582 728416  
(141 Park Road Luton LU1 3HG open 8.15am - 3.45 pm Weekdays. 10.00am - 3.00pm Weekends and 7.00pm every evening)

\*Foodbank vouchers available

### Christian Union

This term we have been looking at God as Father in Christian Union.

Isaiah 64v8

*But now, O Lord, you are our Father; we are the clay, and you are the potter; we are all the work of your hand.*

For some of us our earthly father may not live with us or be in our lives. We have looked at God as our heavenly father; He is always with us and He will never leave us.

We are watching the movie "I can only imagine" which tells the true story of Bart Millard, a member of the US band Mercy Me. When Bart's relationship with his natural father breaks down he turns to faith in God to guide and support him through life. Bart wrote the song I can only imagine that topped the US charts for 6 weeks.

**Nicola Oxley**

Christian Union Leader

### Reflection Centre

The foundations for our new Reflection Centre are currently being laid and we anticipate that the centre will be formally opened in the early part of next term. Many thanks to the students who were involved in cutting the turf at the start of the project.



### A Prayer for Easter

Dear Lord,

Thank you for the cross and empty tomb that we celebrate at Easter. Thank you that it reminds us that you love us and relate to us. Please help us to stay safe and to enjoy our holidays with family and friends and to care for others who find Easter difficult.

Amen.



Unit 5 Tavistock Street, Dunstable  
[www.balancefitt.com](http://www.balancefitt.com)

### Mum and Baby Pilates



This fun class is all about getting you moving along with your little one. Bonding with your child through exercise is both beneficial for baby & mum/dad. We incorporate a safe pilates practice that is suitable to do with babies & allowing parents to workout and practice mindfulness techniques & relaxation at the same time.

All courses are run in blocks of 6 weeks for £51. Course dates run from:  
29th April 2019 - 9th June 2019  
9th September 2019 - 20th October 2019  
10:30am start time  
(£8.50 for a trial session)

There will be time for refreshments @ the end of the session  
Please note that this class is suitable for non-crawlers

The Academy can be contacted  
on our dedicated parent email  
[parentcontact@asadunstable.org](mailto:parentcontact@asadunstable.org)

### Looking Ahead

**Friday 5th April**  
**Last Day of Term**

**Tuesday 23rd April**  
**First Day of Summer Term**

**Thursday 25th April**  
**Year 7 Parent/Carers' Evening**

**Thursday 2nd May**  
**Staff Training Day**  
(Academy closed to students)

### Association of Dunstable Charities

#### *Ashton Schools Foundation/ Chews Foundation*



**A new school term means more expense so maybe we can help? If you have financial difficulties providing school uniforms, books or other items, we may be able to offer you some assistance.**

**Grants are available to help with the expenses associated with school/college. You will need to be resident in the Dunstable area and be on a limited income/in receipt of universal credit/ housing benefit (proof will need to be sent in with the application form)**

**Application forms are sent out in March of each year, any grants awarded will be sent out in July. If you think you may be eligible, please contact us below for an application form.**

**CLOSING DATE FOR APPLICATIONS IS FRIDAY 3<sup>RD</sup> MAY 2019. NO APPLICATIONS WILL BE CONSIDERED AFTER THIS DATE**

**Mrs Julie Tipler**  
**Clerk to the Association of Dunstable Charities**  
**Grove House, 76 High Street North, Dunstable, Beds. LU6 1NF**  
**E-mail: [dunstablecharity@yahoo.com](mailto:dunstablecharity@yahoo.com) Tel: (01582) 660008 (Tuesdays, Wednesdays and Thursdays 9am to 1pm)**

[www.asadunstable.org](http://www.asadunstable.org) @asap/dunstable/primary 2019

### Junior Multisports Class

#### Kids Fitness



This fun class is all about getting your child moving, using their own body weight to create strength and muscles. These classes will vary each week so your child can never get bored. They can even help plan their own sessions.

**For Ages 9-16 years**  
**Thursdays @ 4:30pm**  
**(£4 a session paid termly)**

### Junior Pilates and Yoga



Pilates & Yoga for juniors has many benefits including flexibility, stronger muscles, relaxation, balance and better concentration. Benefits all other sports.

**For ages 5 - 10 years**  
**Thursdays @ 5:15pm**  
**(£4 a session paid termly)**