



Dear Parents/carers,

We are writing to inform you of our exciting new partnership with Nuffield Health as part of their move together initiative. We are working together to get girls active. The female students at Hendon have been leading the way with their extremely high numbers to netball, football, trampolining and many more clubs this year. However, we aim to ensure that every student attends at least one club outside of their PE classes and so we are expanding our provision so that there is an activity that appeals to all females.



**Did you know that 28% of girls only exercise during their school PE lessons?**

That's why we are working with Nuffield Health to offer **free weekly fitness classes** for girls aged 11-16 at Hendon School, to help break down barriers to physical activity.

Starting from **Monday 9<sup>th</sup> October** there will be **FREE** weekly fitness sessions held in the Fitness Room at Hendon School run by qualified personal trainers from Nuffield Health. There will be two sessions every week which will be split into Key Stages:

Monday After school: 3.20-4.20pm for years 7-9

Tuesday Lunchtime: 1.25-2.10 for years 10-13

Currently there is no need to sign up system, just come down to PE and get changed to get started. However, if we experience too high numbers we may need to change this and look at adding another date.

Look forward to seeing you all there,

Kind regards,

Miss. K. Downing

Head of PE