

Woodlands Academy, Hathaway Gardens, W13  
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Head Teacher: Mrs Sonia Magan

Together We Achieve

Wednesday 25th May 2022

Dear Parents/ Carers,

## RE: Parent fitness classes

At Woodlands we know that being active is important for our mental health and wellbeing. In school we value the importance of the 5 ways to wellbeing. One of the 5 ways is 'be active'. We are very fortunate to have a special partnership with The London Broncos rugby team. Starting from next half term, the **London Broncos** will be running parent fitness classes **twice a week**, starting the week beginning 6th June. The classes will be every **Tuesday and Thursday 9-10am**.

The fitness class will take place in our back building and will be led by one of the London Bronco Team players. **There is space for up to 10 parents per session**. If you have time and would like to join others for a good workout please come to the office and write your name on the sign up sheet or email [office@woodlands.ealing.sch.uk](mailto:office@woodlands.ealing.sch.uk). You do not need to bring anything as any equipment will be provided. Please sign in at the office on the day of the fitness class.

Please see the posters around school for more information→  
We look forward to seeing you there!



WEST LONDON COMMUNITY  
Woodlands Academy

**FREE FITNESS SESSION FOR PARENTS**

Working in partnership to improve health and well being.

every Tuesday & Thursday starting wk 6th June  
9.00am - 10.00am

**TO REGISTER FOR YOUR FREE SESSIONS**  
please email [office@woodlands.ealing.sch.uk](mailto:office@woodlands.ealing.sch.uk)  
or on the sign up sheet in the office foyer



Yours sincerely,

Ms Moxom

Acting Assistant Headteacher