**Staying Fit and Healthy in**

**St Catherine’s**

As you are aware Joe’s Bodyworks have kindly agreed to work with our children in keep fit sessions and also have a session for our parents … to give you all a taster of a real good workout! This will be a Fun Fitness Sponsored Event for our wee children. We will donate money raised from this event to Koram Centre Strabane (an organisation dedicated to helping and support Mental Health) and we will also raise money for resources for our own children through boosting our school funds. The sponsorship events will take place in school on:1. Monday 13th March for Year 4 Children 2. Tuesday 14th March for Years 1-3 Children with a special session for parents of Junior School Children from 10am-10.30am. 3. Wednesday 15th March for Years Nursery and 5-7 Children with a special session for parents of Senior School and Nursery Children from 10.15am- 10.45am.

**What happens next?** Has your child got their sponsorship sheet completed yet? All in aid of a worthy cause. It promises to be a great fun event for all. We thank Joe’s Bodyworks for approaching our school to creatively raise money for a very cause and keep fit at the same time!!