



29/04/2019

Dear Parents,

Last month we held two free workout sessions led by Move the Masses. These are open to anyone, including children accompanied by an adult.

The Mission of the charity is simply to get the masses moving through providing accessible and free sessions in local parks and open spaces. They are low key and fun and last around 30 minutes.

We have two more free sessions planned:

Wednesday 8th May at 3.30 on the school field

Monday 3rd June at 3.30 on the school field

If you are interested in either of the events please sign up using the following link:

<https://movethemasses.org.uk/events> or speak to Mrs Hearson who is working closely with the project.

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