



5 February 2020

Dear Parent and Carers

Re: Ski Trip 2020

With the ski trip fast approaching, I will be running 'Friday fitness' sessions to ensure that the students are fully prepared for the physical aspects of their ski trip. Each session will take place from 3.30pm and will last approximately 45 minutes on the following dates:

- Friday 28 February
- Friday 6 March
- Friday 13 March
- Friday 20 March
- Friday 27 March

These fitness sessions are not compulsory but it is highly recommended that your child attends. This is not only for the physical benefit of the sessions, but it will be a good chance for your child to get to know other students also attending the trip.

If you have any queries, please do not hesitate to contact me on cbarrell@st-martins.essex.sch.uk.

Yours sincerely

Miss C Barrell
Trip Organiser