



A Specialist Humanities College

NEWSLETTER



Issue No. 81

April/May 2011

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Message from Wendover Police Station

Please can you make sure your sheds are locked and no valuable tools are left inside the shed unless marked up with your postcode.

(I can mark them for you at the station if you require) 9am to 1pm Monday to Friday.

Bikes are also being targeted this month, if left unattended please lock up. (I can mark these up for you also if you require)

No valuables should be left in view, as vehicles are being hit by theft in car parks and local beauty spots.

Kind Regards

Gillian (on behalf of the Neighbourhood Team).

HEADTEACHER'S NEWS

Staff Changes

Over the last couple of months, we have said farewell to Mr Scarth (Cover Supervisor), Mrs Bennett (Humanities College Administrator) Mr Broad (Cleaner) and Mrs Davies (Cleaner).

We have also welcomed Mr Shurmer (Facilities Manager), Mr Skinner (Cleaner), and Ms Godfrey (Cleaner).

Congratulations to Miss Charlotte Sadler who got married over Easter. She will still be known as Miss Sadler until the Summer.

Site

Following all of our building, the ground works around the school are nearing completion. Once all the trees and bushes are planted, we will have a school site which looks fantastic.

Mr Brand will be leading on the creation of a new Quiet Garden where the huts used to be. We are very grateful to The Friends of Colet for their financial assistance with this project.

The new Pre-school and Children's Centre is going up rapidly and should be completed by the end of next term.

As part of the work, we have been looking at ways to reduce the traffic on site. At John Colet, we will be installing automatic barriers at the entrances of our main and Sports Hall car parks. This will restrict access to the car parks to authorised people only. We will also be installing flow-plates at the exit to the main car park - this will mean that cars can only go out through the exit and will not be able to enter from this direction. This will all be happening at some point in the Summer term.

Exams

We are at the time of year where over half of the school population will be involved in external exams. I wish everyone every success in their exams this Summer. Our students have been working exceptionally hard and I know that they are well prepared.

Mrs C McLintock

REMINDER OF SUMMER UNIFORM

The sweatshirt will be optional until the end of the summer term but this does not mean that it is replaced by another item such as a jacket/jumper/cardigan. If any student is cold then the sweatshirt must be worn. Any student seen wearing another item of clothing over the polo shirt, other than the sweatshirt, will have the item confiscated until the end of the day.

Hopefully, we will enjoy good summer weather next half term. However, we do like to ensure that John Colet School uniform looks smart at all times as each individual's dress does get commented on by members of the community.





IMPORTANT NOTICE

John Colet School Policy on Medical Care

Updated March 2011

The above policy has now been updated and is available to view on the school website following the links via www.johncolet.co.uk

Clear guidelines have been set out regarding the following:-

Procedures to follow regarding absence from school

Illness/Injury at school

Vaccinations

Administration of medicines in school (if medicine has to be administered during school hours, parents must complete an Administration of Medicines Request Form)

Paracetamol

Administration of medicines on a school trip

Head Injury Policy

Head Injuries in PE

Reporting of Accidents

If at any time, however, you have any queries or concerns regarding the welfare of your child please do not hesitate to contact me at school.

Matron



Congratulations to Katie Wong 7C, who was awarded First Prize in the recent Road Safety Poster competition organised by RAF Halton. She shared her victory with five other pupils from Halton Combined School and they all attended a presentation ceremony at Halton House on 5th May. Their prizes were presented by the Station Commander, Gp. Capt. Elliot.

Well done, Katie!

INFORMATION FROM MATRON

Medical forms, including Administration of Medication Request Form, Administration of Paracetamol Request Form and Healthcare Plans from the parents section of the website under 'Medical Forms'. The Medical Policy is also now available to read from this area of the website.

Please ensure the forms are completed fully and signed by a parent. Any medication brought in must be in its original packaging with the dispensing label attached.

Any students who suffer with asthma are reminded that they should be carrying (and checking regularly) an inhaler in their school bag, in addition to keeping one at home and one in the medical room with the appropriate forms completed.

Below is a link to a useful website for teens offering advice from first aid to mental health issues:

<http://www.childrenfirst.nhs.uk/teens/index.html>

Also some tips for safety in the beautiful summer which I am hoping we will have!

<http://www.nhs.uk/Livewell/Summerhealth/Pages/Summerhealthhome.aspx>

HOLIDAY DATES

May 1/2 term: School closes at end of afternoon on **Friday 27 May** and re-opens on morning of **Monday 6 June**.

Summer Holiday: School closes at **12.10 p.m.** on **Friday 22 July**.

AUTUMN TERM 2011

School re-opens on morning of **Wednesday 7 September**.

(6th Form induction Monday 5th & Tuesday 6th September.)

October 1/2 term: School closes at end of afternoon on **Friday 21 October** and re-opens on morning of **Monday 31 October**.

Christmas Holiday: School closes at **12.10 p.m.** on **Friday 16 December**

SPRING TERM 2012

School re-opens on morning of **Wednesday 4 January 2012**

February 1/2 term: School closes at end of afternoon on **Friday 10 February** and re-opens on morning of **Monday 20 February**.

Easter Holiday: School closes at end of afternoon on **Friday 30 March**.

SUMMER TERM 2012

School re-opens on morning of **Monday 16 April**.

May 1/2 term: School closes at end of afternoon on **Friday 1 June** and re-opens on morning of **Monday 11 June**.

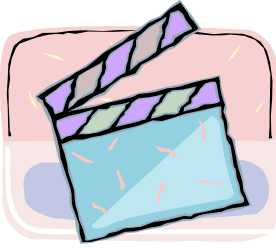
Summer Holiday: School closes at **12.10 p.m.** on **Friday 20 July**.

INSET DAYS : Recommended in-service training days for teachers: Monday 5 September and Tuesday 6 September 2011; Tuesday 3 January 2012; Monday 23 July 2012 (plus one more, still to be decided)

Easter 2012: 06 - 09 April 2012
Early May Bank Holiday: 7 May 2012
Spring Bank Holiday: 4 June 2012 + 5 June 2012 (additional bank holiday for Queen's Diamond Jubilee)

Primary Liaison

Making Movies Club – BAFTA Awards



Yet again, the lights were dimmed, the BAFTA awards were ready and the cameras were rolling! Wednesday 6th April was the last session of the Making Movies Club for Year 5 pupils. The group watched a showing of their movies and Mrs McLintock presented each of the twenty Year 5 pupils with certificates, a BAFTA statue and a DVD of the eight movies that had been produced. Certificates were also presented to the Year 8 and Year 10 students who have helped yet again at every session and have made the club so successful. Thanks to Mr Angood for making the amazing BAFTAs and to all the staff who gave up their free time on a Wednesday afternoon to help me.

Literacy Help at Halton

On Friday 25th March, Kathryn Bowra and Tj Higgs accompanied me to Halton Combined School to help in a literacy lesson. The four students were each assigned a group of Year 5/6 students to assist with personal and impersonal writing. Each student supported the children in their group and gave individual attention and assistance in the annotating and understanding of both pieces of text.

On Friday 20th May, Zain Khan, Jake Ledlie, Lucy Llewellyn and Nicole Pathe also accompanied me to Halton to help Year 5/6 in a literacy lesson. The students worked on an animation of a Victorian poem with Halton pupils. The children were making characters from the poem, creating a background and practising reading the poem aloud, ready for their work to be videoed. Coincidentally, BBC Oxford was filming part of the lesson for a news report, which added to the excitement!

Once again the John Colet students were a credit to the school.

Walk to School Week

During the week beginning 14th March, John Colet students Mike Austin, Caitlyn Lister, Jack Rootes and Ed Warner joined staff and pupils from Wendover Junior School to support the Walk to School Week. These students are part of the EGG eco group and wanted to play an active role in assisting the primary schools as they encouraged parents/carers to walk or cycle to school and leave the car at home. Wendover Junior School staff and pupils greatly appreciated the support of the Colet students and are looking forward to working with them again on a joint eco project.

Mrs J Caplan

Year 8 WW1 History Trip to Ypres, Belgium

On Friday 20th May, 42 Year 8 students set off from John Colet for Ypres via the Channel Tunnel.

First we visited Lijssenthoek Military Cemetery. Lijssenthoek contains 11,000 graves of military personnel who were killed in the area in WW1. In the evening we went bowling and a confident Mr Clarke was very annoyed when he was thrashed by Adam Cook!

The next day, we saw Essex Farm, a Cemetery and Field Dressing Station and the place that inspired probably the most famous war poem of all time, 'In Flanders Fields'. We went next to one of the few German cemeteries in the area and to the Tyne Cot Cemetery, where 11,000 bodies lie on the ridge that was the focus of the Battle of Passchendaele. At the end of the day, we travelled to the Menin Gate. On the impressive memorial, 54,000 names of the missing are carved and here the Last Post Ceremony takes place at 8:00 each evening. Four representatives from our school took part in the poignant and moving ceremony by laying a wreath.

On the Sunday morning, we went to the Hooge Crater, which was surprisingly big and a wakeup call as to the scale of the devastation. In Sanctuary Wood there were preserved tunnels and trenches showing what the conditions were like for soldiers.

The trip was an eye-opener for all the students seeing how these men and women who gave their lives are being remembered now. It surprised me how beautiful and serene these sites had become in contrast to the horrific places they were in the past. The highlight of the trip for me was the Menin Gate ceremony, which I found very respectful and humbling. Thanks to Mrs Gould, Mr Date, Mr Clarke and Mr Davies for organising the trip and giving up their time to take us, and to Duncan, the coach driver, for driving us everywhere and for his shrapnel hunting!



Harry Frost 8H

NEWS FROM OUR SCHOOL SPORTS CO-ORDINATOR - Miss S Whitehouse

FUTURE OF THE SCHOOL SPORTS PARTNERSHIPS

Since the last article I wrote, the School Sports Partnerships have had better news and Michael Gove has decided to re-instate some funding for School Sport. Schools will be offered funding to 'free-up' one member of the PE staff for one day each week to work with the Primary schools to develop competition, leadership and CPD opportunities (Continuing Professional Development).

OUT OF SCHOOL HOURS LEARNING THROUGH SPORT

Our extra curricular clubs change in the Summer term to reflect Summer sports but we still hope to provide 'something for everyone!'

New to the programme for this year is:-



CHEERLEADING

This is being held every Wednesday lunchtime and open to all students, girls and boys. The aim is to give the students the basic cheerleader's movement and vocabulary, and then encourage them to choreograph their own routines and choose their own music, so far so good!

WATERPOLO

Water polo is a fabulous sport for swimmers and games players but it is not for the faint hearted. It is a fantastic opportunity to gain confidence if you are a weaker swimmer and a very fast and exciting game. The club is being run by Ben Allen (Year 13) and supported by 2 members of staff and takes place every Tuesday lunchtime and is open to all students.

COOKING CLUB

Although cooking is not strictly sport it is linked to health and our Cooking Club is very healthy; those who attend our 'Raising Activity Club' were offered the first places! The focus of the club will be to learn how to cook healthy and appetising meals with basic and inexpensive ingredients and to help design weekly menus of healthy eating to sustain good habits. They are also encouraged to join 'RAC' on Thursday lunchtimes where they get the opportunity of some additional activity in a very relaxed and informal environment. This club is funded by The Primary Healthcare Trust and is designed to encourage whole family involvement: after half term the younger/older siblings of those attending will be invited along.

JOHN COLET BIKE CLUB

Having just been awarded £2,100 to run a Bike Club and with the long and light afternoons/evenings this is a great time to get involved in the John Colet Bike Club which takes place on Fridays after school and on alternate Fridays - P5 as well! The club will encourage students (and staff) to use their bikes more in travelling around and in getting to school but also for recreation to promote a healthy lifestyle. Any student who owns a bike and a cycle helmet is welcome to join the club and for those who don't own a bike; the good news is that we have used some of our funding to buy four spare bikes so anyone can come along. In this instance, you must book your bike with Mr Date! After the success of our recent Bike Expedition around our local beautiful countryside and lunch at the Wendover Woods Café we will be organising another expedition towards the end of term. Other activities include; bicycle maintenance and club development i.e. advertising, designing logos, planning routes and trips away. The club meets every Friday at 3.15 in 'The Street' and we finish between 4.30 and 5pm.

SWIMMING LESSONS FOR OUR PRIMARIES

John Colet School has opened its swimming pool doors to welcome two of the local primary schools, to provide swimming lessons for their students.

Not only will the swimmers get to use their local school's pool but they will also be encouraged and in some cases 'talent spotted' to join a 'satellite' of Maxwell Swimming Club also based at the pool.

Maxwell Academy South is the vision of Kevin Brooks, Head Coach at Maxwell and has been endorsed by the ASA Schools Swimming and Bucks Sport Aquatics with funding to help finance the start up of the academy. It is thought that there is only one other such school/club link in the country.

Our own students are very much involved: Dan Morgan, Josh Stewart, Sophie Elgar, Lauren Jones as Lifeguards and Ben Allen as a teacher.

SSP ANNUAL SPORTS AWARDS NOMINEES

Every year The Mandeville Schools Sports Partnership holds a Celebration of the Sporting Achievements of students from all the Aylesbury Schools. This year the following students have been nominated for the following awards which are linked to the Olympic Values of Excellence, Friendship and Respect. The Awards Ceremony is on Thursday 7th July at Mandeville School.

STUDENT	AWARD
Tom McPartlan	KS3 Sports Ambassador
Ude Amadi	KS4 Sports Ambassador
Ben Allen	KS5 Sports Ambassador
Leah Picillo	KS3 Sports Personality
Chris Hunt	KS4 Sports Personality
Briony Anyon	KS5 Sports Personaliy
Ryan Price	Sports Leader of the Year
Evie Plumb	KS4 Team Captain

We wish all our students good luck at the ceremony and congratulations on their nominations.

Ude Amadi and **Evie Plumb** were voted this year's John Colet overall sports personalities by the PE staff and were awarded their trophies in the recent Sports Assembly. This was a difficult choice to make but very much deserved by these two very talented performers.

If you have any queries or interest in any of the clubs mentioned above, please do not hesitate to contact me.

S Whitehouse SSSCo - swhitehouse@johncolet.co.uk

British Heart Foundation London to Brighton Cycle 2011

Someone dies of a heart attack in the UK every six minutes. That figure would be even higher were it not for organisations such as the British Heart Foundation who have been funding pioneering research since the 1960's.

With all of that in mind, two staff teams, a total of 16 people, have signed up to take part in this year's London to Brighton sponsored cycle in aid of the British Heart Foundation. Our pledge to students back in November was that whatever they raised in Help Week we would match in our own fundraiser. The time has now come!

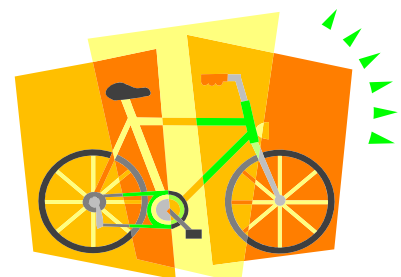
Setting off from Clapham Common at 9.30 a.m. on Sunday June 19th staff are hoping to cover the 54 miles in about 4 hours and raise well over £2,000 in the process. The two teams will be led by Dr Myatt and Mr Date who are currently in the process of arranging some serious training for the event.

We would welcome any support that parents can give. Look out for our fundraising letter coming home soon or send donations directly to either myself or Dr Myatt.

Help us make a difference on Sunday June 19th.

Many thanks in advance,

Andrew Date - Assistant Headteacher



SIXTH FORM NEWS

Celebration Morning

Tuesday, 5 May was the Celebration Morning for the Sixth Form. Proud parents were there to see their son/daughter receive a certificate in a particular subject. The Celebration Morning celebrated not just academia but also acknowledged other forms of success within the Sixth Form. The Morning opened with Mrs McLintock addressing the audience and speaking about the school's future plans. This was followed by a speech from the Head of Sixth Form, Mrs Anne Cobley, who mentioned each individual Year 13; this certainly took some research. I spoke about the importance of 'Work in the Community' and other events that the Sixth Form had been involved in during the year. When we look back, they really have had a busy time. All the Form Tutors nominated a student from their tutor group to receive a certificate. Mrs McLintock presented the certificates to the students.

A big thanks to Grace Russell, Head Girl who on 17 March compered a Liaison Concert at the old Civic Centre with a fellow student from the Floyd. It was a great success and they carried out their duties with confidence and were very professional.

It has been a busy year for our two Head Boys and Head Girl and each has written a few words on their time in post.

Head Boy/Head Girl: September 2011

Recently, the Sixth Form voted for their choice of Head Boy and Head Girl. The results are as follows:

Head Boy: Charlie Robinson **Head Girl:** Alice McDonagh

Congratulations and good luck to both of them. The Sixth Form will vote for the Deputies on their return from Study Leave.

Auschwitz: Georgina Campbell and Rob Kempton represented this school at the Lessons from Auschwitz Project, sponsored by the Holocaust Trust. Georgina has written an article about their experience, which I hope you find interesting.



Forthcoming Events: Year 12 Open Day Visit to Nottingham Trent University, Wednesday, 13 July.

Year 13s have their final 'Leaving Assembly' on Friday, 27 May. They also have their 'Prom' that evening so this will be a lovely way to end their time in the Sixth Form before they go on Study Leave for their final A2 examinations.

Mrs Cobley and I would like to wish all the Year 13's success in their forthcoming examinations.

Mrs J Gott - Assistant Head of Sixth Form

REFLECTIONS FROM THE PAST YEAR

My role as Head Boy in the John Colet School Sixth Form has enabled me to mature as both a person and a student. The challenges I faced, especially the task of balancing my studies and Head Boy duties have really stretched me; they have enhanced my ability to 'juggle' and to work under pressure. The highlight of my year as Head Boy was laying the wreath in remembrance of the World War casualties; it was an honour to be asked to represent the school and be part of an emotional and delicate ceremony. The joint role of Head Boy and the work we have done with our Head Girl, Grace Russell would not have been possible without the support of the Sixth Form Council. This forum has enabled the Sixth Form to run smoothly. A great thank-you has to go to the teachers as their support was vital; we would not have been successful in our duties, without their understanding and guiding knowledge.

I have thoroughly enjoyed my responsibility as Head Boy, and I would recommend it to anyone who wants to challenge and heighten their personal skills. Although the role of Head Boy comes with great responsibility, it is an honour to be awarded the badge and be a representative of the students in the Sixth Form.

Tawanda Bwerudza





My time as Head Boy has been both challenging and enjoyable. During this time I have undertaken many duties that have tested my ability to organise and motivate people, whilst trying to keep everyone happy. This has been challenging! I have enjoyed the energy, creativity and talent contributed by everyone involved in the School Council and I would like to thank them for their tireless efforts to get things done! I have taken my responsibilities seriously, and was privileged to represent the school at Remembrance Day; which I found to be a poignant and thought-provoking experience. I have also enjoyed representing the school at various open evenings and speaking in front of both parents and students. This has enabled me to stand and speak confidently to people, something that I struggled with before. The role of Head Boy has helped me to craft my ability as a leader and I hope that what I have learnt, I can use next year when I leave. However, none of this would have been possible without my partners in crime, Tawanda and Grace; I thank them for their support and the fun I have had working with both of them. I wish them luck next year! That just leaves me to welcome the new Head Boy and Girl, Charlie and Alice respectively, and to wish them well in their new roles.

Sam Blakeney-Edwards



I have attended John Colet School for nearly seven years, and I can proudly say that I feel I have made as many contributions to the school as I possibly can, from hosting a concert at the Waterside Theatre, to helping organise the School Council Voice Conference. However, even though I have been involved in a lot of successful events, I can thoroughly say that being Head Girl was my finest achievement. Most people hope to leave school with high qualifications, nevertheless, I believe I will be leaving the school with more than that. I have learnt a lot through this active role, from organisation skills to professionalism. However, it wasn't always easy, sometimes we had to make hard decisions and with that responsibility came both success and failure. I believe that it is not our successes that have made an impact on me but our mistakes. They have taught me that when faced with a tough decision, there is always a chance that you will choose wrong. However, it is the mistakes I make at this time in my life, which will hopefully eventually stop me from making the same mistakes later on.

I feel grateful to have had the opportunity to work with the Head Boys of John Colet School and with Mrs Cobby and Mrs Gott. I wish all the Year 12's the best of luck for next year, especially their new Head Boy and Head Girl, even though I know full well they will do a terrific job and lead their Sixth Form with pride!

Grace Russell

BON APPÉTIT!

On Tuesday 24 May, 7C held the first French Breakfast in the year. We had a choice of croissants, pain au chocolat and brioche, which were all delicious. For our drink, we were given a choice of strawberry or chocolate milkshake, the French equivalent for hot chocolate and orange juice. All the food was delicious and really showed us how nice French breakfasts are. It fulfilled our expectations and made us want some more of the delicious food. We had a très bon lesson and we look forward to learning more about French culture.

Tabitha Clarke & Lidia Majcher

On 24 May at 11.10, 7C held a French Breakfast. First we started off with croissants, brioche and chocolate croissants, then we had to go up to the Yr. 10s for drinks - orange juice, chocolate or strawberry milkshake. We had to say everything in French. After we had all finished eating, we had a quiz about France. **Kerenza Bennett, Kiera Manning, Katie Wong, Imogen Burton and Rebecca Warner.**

In our French Breakfast, we could eat a choice of food such as croissants, pain au chocolat and brioche which were really nice. We also had a choice of chocolate and milk shakes or orange juice. After that we had a quiz; Jake, Adam, TK and Tommy won with 10 out of 10 - Jack and Steven lost by one point.

Now as the French say 'Au Revoir'

Jake Histed, Tommy Burge, Adam Rose, Steven Neighbour, Thomas Kent, Jack Jones.

Year 13 Lessons from Auschwitz - Trip to Poland



Earlier this year, Rob Kempton and I were chosen to attend the Lessons from Auschwitz Project, sponsored by the Holocaust Trust. Among a number of other sixth formers from various schools across the Thames Valley, Rob and I attended a preparation seminar in London. Here we were given the chance to meet others who were attending the trip, and also had the privilege of listening to the personal experiences from Holocaust survivor, Martin Bennett, which we found very moving.

On the 2nd of March at 5 am, we met the LFA team at Luton Airport and arrived in Poland early in the morning. We first had a guided tour around Auschwitz 1 which is the work camp. We were led round the different blocks while our tour guide described the horrific forms of punishment and cruelty that the prisoners had to endure. Behind glass windows we saw vast amounts of shoes and suitcases, some with name labels clearly visible. I was shocked at the enormous pile of pots and pans that victims had brought with them, with the expectation of being resettled in a new house and continuing their lives as normal. However, one of the most sobering experiences of the tour was the last standing gas chamber in the camp, which we were able to walk around. We then were shown the crematorium, which Rob and myself found particularly disturbing.

We then made our way to Auschwitz-Birkenau which is the death camp where the unluckier arrivals were sent, just ten minutes from Auschwitz 1. We were surprised at how much the two camps differ in size and layout, as Birkenau is significantly larger and few of the original buildings are still standing. We were given a guided tour around some of the few structures that still remained, and as the freezing cold air made us clutch our coats tighter around us, we were able to appreciate the conditions that the prisoners were made to endure. We were shown the bunk beds on which the prisoners slept and were informed that there would often be up to eight people in one bed. We also noticed that they were tilted slightly at an angle, making this already cramped ordeal even more uncomfortable.

We finished the tour by gathering outside the memorial at the back of the camp. Each of us holding candles we listened to the Rabbi, who had accompanied us on the trip, pray in memory of the people who had lost their lives there. We then placed our candles along the infamous Auschwitz train track and walked back to the coach. For many of our group this was a very emotional moment of the trip as, for the first time since we had arrived, there was complete silence, allowing us all the opportunity to reflect on what we had seen that day. The hundreds of candles flickering in the darkness created an eerie glowing path in the distance.

Reflecting on the trip to Auschwitz, both Rob and I feel that it was an invaluable experience that opened our eyes to the tragedy of the Holocaust, and we would recommend the visit to everyone. **Georgina Campbell 13B**

IMPORTANT DATES FOR YOUR DIARY

- 6th June—Year 11 & 13 Study Leave commences
- 13th June—Year 12 return to normal school timetable
- 17th—22nd June Year 8 & 9 Re-scheduled Rheinland Trip
- 20th June—Year 12 UCAS training
- 22nd June—UCAS Parents Evening
- 23rd to 28th June—Year 7 & 8 Internal exams
- 29th June—Summer Concert
- 29th and 30th June—Yr's 7 & 8 Bring a Grandparent to school.
- 1st July—Sports Day
- 4th & 5th July—I Yr 6 Induction
- 5th July—Yr 6 Induction Evening
- 6th July—District Sports Day
- 6th July—School visit and tour for local residents
- 7th July—School visit and Tour for local residents
- 7th, 8th and 11th, 12th and 13th July—Focus Week
- 14th July—Year 7 Parents Evening

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For tickets please phone 0844 871 7607

or visit www.ambassadortickets.com/armedforcesday

Pilates Classes



At

Core Strength Gym (Halton Tennis Club)

CLASSES

DAY	TIME	LEVEL	INSTRUCTOR
Tues (<i>New, starts after Easter</i>)	9.15-10.15am	Beginner/Intermediate	Elaine
Tues	7.15-8.15pm	Mixed	Elaine
Tues	8.20-9.20pm	Intermediate/Advanced	Elaine
Weds	7-8pm	Beginner/Intermediate	Ruth
Thurs	12-1pm	Beginner	Ruth
Thurs	7.30-8.30pm	Beginner/Intermediate	Ruth
Thurs	8.40-9.40pm	Beginner	Elaine
Fri	9.30-10.30am	Beginner	Elaine
Fri (<i>New, starts after Easter</i>)	10.30-11.30am	Beginner/Intermediate	Elaine

Classes are available to non-gym members, small to aid supervision and a variety of small equipment is used.

For more information and free workshops, please call

**Elaine Macwhirter BSc (Hons) MCSP, MAPPI (Chartered Physiotherapist and Certified Pilates Trainer)
07515252331**

Elaine@halton-physiotherapy.co.uk

Ruth Reid MFHT MHFST (Sport/Remedial Massage Therapist and Certified Pilates Trainer) 07736 438443

Ruth@rlr-therapy.com

www.corestengthgym.co.uk



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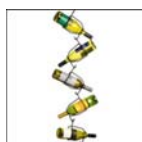
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