Dear Parents and Guardians,

As part of our Physical Education programme, we are introducing “Zumba Kids” in term 3. We are aiming to increase the time students spend doing physical activity to meet Department of Education recommended guidelines. This is a program for the whole school. The lessons are presented by a qualified instructor and the teachers are getting involved too! Students will be participating in a 40 minute session each week, which involves warm-ups, dances and music designed for each age level, games that require co-operation and whole body movement and cool-downs. “Zumba Kids” helps to build confidence in movement while having fun at the same time. Each lesson is designed for the age of students and changed from lesson to lesson to increase participation and interest.

We will combine this day with our annual gymnastics program “Gymtastics”. These lessons are also presented by qualified instructors, who team teach with the class teachers, so that all participants receive considerable instruction and are monitored in all the activities. Students learn techniques for balance, rolling, beam work, mini tramp and the elements of movement using a range of gymnastic equipment. Safety is paramount with this program. Each class is scheduled to visit the gym for 40 minutes each week for 8 weeks. The complexity of the challenges is increased from stage to stage, as well as day to day for the duration of the course.

Students will need to be dressed in PE uniforms and joggers. At the end of the term, each child will receive a Zumba arm band.

We have received a grant to go towards Physical Education programmes with the aim of increasing our students participation in physical activity. We have also been given a very generous discount for the Zumba proportion of the program from the supplier. The school will also be using some funds to support this program. After applying this grant discount and school funding the cost is $38 per child. This is equal to $4.75 per week for BOTH classes. This is an amazing price for such wonderful activities.

**The total cost for these programmes is $38 per child.**

This amount is required before your child participates in the lessons. If you have difficulty with payment, please contact us as this is a great way to keep moving in the winter months when sport can often be cancelled due to wet weather. The school has some financial assistance (Student Assistance Funding) available for families needing help with this cost.

**Please return note and money to the Office by Week 2 of Term 3. Due date: Tuesday 21st July, 2015.**

Thanking you,

M. Watling
Assistant Principal

S. Crouch
Principal

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**THE OAKS PUBLIC SCHOOL**

**ZUMBA & GYMTASTICS 2015**

Child’s Name: ____________________________ Class: __________

I give permission for my son/daughter to attend the Zumba Kids and Gymtastics Program.

I enclose $38 for the payment of 8 days of instruction in the Zumba Kids and Gymtastics Program.

____________________________________  __________________________________  __________
Parent/Guardian Signature            Parent/Guardian Name               Date