



# Guru Nanak Sikh Multi Academy Trust

Aspire ~ Acquire ~ Achieve

Founder: Sant Baba Amar Singh Ji

Chief Executive Officer: Mr Jaskamal S. Sidhu

Friday, 20th January 2023

Dear Parents/Carers

## Launch of Parent Wellbeing Fitness Class - Primary Phase

As we embrace the start of the new year and continue to value the importance of not only our pupils' wellbeing, but that of our parents also, we are delighted to be launching a weekly fitness class for parents. Attendance is completely optional and this is simply an opportunity to come along and take part in some fitness activities, suited to all genders and abilities.

Classes will take place **every Friday morning from 8.30am - 9.15am**, starting on **Friday 27th January**. Please note there will be no cost to attend.

Please click on the link below to complete the google form to confirm your attendance for the first session to provide us with an approximate idea of numbers

[Parent Wellbeing Fitness Class Form](#)

GNSA Primary parents are welcome to drop your child off and head straight to the class and NPS parents are welcome to drop your child off at 8.30am on this day (only if you are attending the class).

Please arrive at the NPS main entrance where you will be directed to the class. Please wear suitable fitness attire and bring along a bottle of water. Please **do not** park in the school car park.

We look forward to seeing you there - where your wellbeing matters!

Yours faithfully

**Miss A O'Leary**  
**Acting Vice Principal**  
**Guru Nanak Sikh Academy**

**Miss A Chatur**  
**Vice Principal**  
**Nanaksar Primary School**

