



Penryn
College

Achieving through Challenge

Dear Parent/Carer(s)

We hope this letter finds you well and that you and your family are looking forward to an enjoyable summer break from school life. The PE & Lifestyles team recognise the importance of students having time to rest, pursuing other interests, and spending time with family during their break. However, we also recognise that, for some students, having access to some structured activities during the month of August will benefit their wellbeing. With this in mind, we have worked hard to deliver sessions and source staff who are not only excellent role models, but who can also provide high-quality training opportunities for your child.

At this point, we do wish to emphasise that there is not an expectation for students to attend, please see this is an additional opportunity for those who wish to take part in these sessions.

Please find below an overview of the sessions on offer:

- Wednesdays: Sports-specific conditioning sessions run by Cornish Pirates player/strength and conditioning coach Will Gibson.
- Mondays or Fridays: Strength-building sessions led by Mr Weeks from Penryn College.
- Wednesdays: Football skills, run by Mr Ash.
- Mondays: Rugby skills, run by former student Joe Walker, Mr O'Regan and a member of PE staff on rotation.
- Fridays: Netball skills with Amy Walker - Sirens Superleague squad player.

(See the online form for timings)

We have managed to source some funding to help with costs; however, we do kindly request a payment of £40.00. This will enable your child to access as many activities as they wish. Free school meal children can access this provision at no cost and will be provided with a packed lunch on the days they attend.

To select sessions for your child, please use the online form that has been sent to students' e-mails (you can also access this form by [clicking here](#)). Once the sessions are selected, you will be contacted via ParentPay to arrange payment of the £40.00 by the end of August.

Please note that the above offer is only available to **current Year 7-10 students**.

New Year 7 students joining us in September will be able to access the separate Pre-Season Training Days on 29th August, which will be run by the PE department. These sessions are included on the sign-up form.

If you have any questions or concerns, please do not hesitate to contact myself (rtucker@penryn-college.cornwall.sch.uk) or Jake Ash (jash@penryn-college.cornwall.sch.uk) via e-mail.

Finally, on behalf of the PE & Lifestyles team, we would like to thank you for your support over what has been a fantastic year. We wish you and your family a wonderful summer.

Yours sincerely

Rich Tucker



Headteacher: Tamsin Schouten

Penryn College, Kernick Road, Penryn, Cornwall TR10 8PZ

T: 01326 372379 F:01326 373194 e:secretary@penryn-college.cornwall.sch.uk www.penryn-college.cornwall.sch.uk

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Director of Community and Lifestyle, Penryn College



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