



**13TH FEBRUARY  
2025**



## Message from Headteacher

### **Free Money for Your Child!**

We are unique in having our very own school bank. The bank has been set up in conjunction with the West Cheshire Credit Union. It is run by a team of pupil bank managers with Miss Rennocks. The bank opens every Thursday for children to come and pay into their savings account. I understand that many children have savings accounts and investments. Often, though, these are managed by adults on the child's behalf and they have little understanding of how savings can grow over time.

Our school bank is a great way of encouraging children to develop positive habits with money management. A school bank is an account which your child could take ownership for, paying in a small amount each week, or saving a little chunk of birthday or Christmas money. An account can be opened with as little as £1 and pays a very competitive rate of interest.

Our ambition is for most of our pupils to have an account open with our bank.

We are providing £2 for every child who do not yet have an account to open one. Any child who already has a account opened will receive a £1 boost to their savings.

All parents/carers need to do to support their child opening an account is to fill in a short form and show your child's passport or birth certificate and show your own passport, driving licence or birth certificate, a bank statement or household bill.

You can collect a form to open an account at the school office and we have sent one out with this week's newsletter.

We have also launched a monthly draw for families with children who have an open account to win £10!

If you need help with the form or have any questions, please ask at the school office or visit our School Banking Team every Thursday morning.



# YEAR 5 VIKING DAY

This week, our school was overrun by Vikings! Year 5 had a visit from Olaf from Viking School Days. Olaf sailed across the North Sea in his longship to teach the children all about his civilisation. He brought with him many artefacts for the children to study and told them tales of life in the eighth and ninth centuries. The day was ended with a fearsome battle between the Anglo-Saxons and the Vikings. With shield walls and spears, the children fought valiantly for their freedom.

The children thoroughly enjoyed this experience and Olaf was particularly impressed with how many children earned themselves a golden wrist ring for their contributions. Well done Year 5!









# SPORTS NEWS

Our year 3 and 4 netball team took part in a 5 a side tournament at Blacon high school.

They played brilliantly, playing five games without a defeat, they won and drew all of them. The children played in all different positions throughout the tournament and had a great time even though it was rather chilly.

Our wonderful Year 5 and 6 Netballers hosted a friendly against Abbey Gate College Infant and Junior School on Monday.

We lost 4 -3 but what a game it was! We had players that had never played a match before. We are extremely proud of their efforts and for being such a friendly and welcoming group.



Our incredible Year 5 and 6 Netballers are also visited Blacon High today!

Watch this space for the result!



# Class Worship

This week, children in our class based worship learnt about the Nepalese government's decision to increase the cost of a permit to climb Mount Everest. This has been implemented to try to reduce the number of people climbing the mountain and the damage this causes to the area through rubbish left and nature disrupted. It is hoped that the increase in the cost of a permit will enable more money to be invested in protecting the area.

Children then explored the Christian value of Respect, and the fact that we have a duty to care for our world. Whilst it may be possible people to climb Mount Everest, it does not mean that anyone and everyone should do it. We need to take care of the planet and consider the impact of our actions. Children read the Bible verse:

## **Corinthians 10:23-24**

You say, "I am allowed to do anything" but not everything is good for you. You say, "I am allowed to do anything"—but not everything is beneficial. Don't be concerned for your own good but for the good of others.

## **Questions you may want to ask your child:**

What is special about where you live that you would want others to respect? You might talk about looking after the things in the home, or thinking about our city and the people who visit it  
How can we look after our part of the planet?

How is tourism good for the local area? How can it be bad for it?

Should there be limits on travel when we consider the environment?

# Let's Rock!



We are incredibly excited to welcome Rock Kidz to our school in March for a full School of Rock experience!

We are asking all children to come to school dressed up a rock stars on the day! Rock Kidz aim is to raise aspirations and educate, entertain & empower children all over the world through music. Throughout the school day, the whole school will be transformed into Rockstars and inspire them to be the best they can be.

After school, Rock Kidz will have a merchandise table of t-shirts, caps and hoodies for sale promoting the positive message the children have learnt about that day. If you'd like to find out more, visit [www.rockkidzuk.com](http://www.rockkidzuk.com).



# School Bank - Credit Union

As part of our financial education, we are keen that all children know the choices they have with money as well as the power of saving money. We believe that children having their own accounts which they themselves pay into helps empower them to be financially responsible throughout life. To this end, you will have seen us promoting our school bank which works with the Credit Union.

Children are able to have their own accounts which they can deposit money into in school.

**As a school, we are now giving each child who opens an account £2 to start their savings journey! (Any children who have already received the £1 contribution will also have an additional £1 paid in).**

In addition to this, between now and summer, there will be a **monthly prize draw of a £10 voucher for the family of each child who has a school bank account.** Every month, all those who have a school bank account will be entered into the prize draw, so the sooner an account is opened, the more chances you have of winning.

If you would like to open an account for your child, please collect an application form from the School Office.



## Clubs During Parents' Evening Week

Please note the changes to clubs during Parents' Evening Week, 24th - 27th February.

The following clubs will be cancelled that week	Day/Date	The following clubs will still go ahead	Day/Date
R-2 Choir	Monday 24 <sup>th</sup> February	5-6 Cross-stitch	Monday 24 <sup>th</sup> February
R Art	Monday 24 <sup>th</sup> February	4-5 Passion For Learning	Tuesday 25 <sup>th</sup> February
1-2 Lego	Monday 24 <sup>th</sup> February	3-4 Arts & Crafts	Wednesday 26 <sup>th</sup> February
5-6 Football	Monday 24 <sup>th</sup> February	5-6 Girls' Football	Wednesday 26 <sup>th</sup> February
5-6 Netball	Monday 24 <sup>th</sup> February	1-6 Street Dance	Wednesday 26 <sup>th</sup> February
3-6 Choir	Tuesday 25 <sup>th</sup> February	5-6 Science	Wednesday 26 <sup>th</sup> February
3-4 Lego	Tuesday 25 <sup>th</sup> February	5-6 Imaginative Art	Thursday 27 <sup>th</sup> February
3-4 Netball	Tuesday 25 <sup>th</sup> February	3-4 Football	Thursday 27 <sup>th</sup> February
6 Boosters	Tuesday 25 <sup>th</sup> February	3-4 Shakespeare	Thursday 27 <sup>th</sup> February
5-6 Zentangle	Tuesday 25 <sup>th</sup> February	5-6 Shakespeare	Friday 28 <sup>th</sup> February
2-6 Beacons	Wednesday 26 <sup>th</sup> February	2-6 Amasing	Friday 28 <sup>th</sup> February
3-4 Dance	Thursday 27 <sup>th</sup> February	4-6 Dodgeball	Friday 28 <sup>th</sup> February
6 Boosters	Thursday 27 <sup>th</sup> February	3-6 Digital Wizards	Friday 28 <sup>th</sup> February
R-1 Mindfulness Art	Thursday 27 <sup>th</sup> February	5-6 Shakespeare	Friday 28 <sup>th</sup> February



# Parents' Evening

Year group	Class teacher	Date of Parents' Evenings
Reception	Mrs Walsh – Team RW	Tuesday 25th February Thursday 27th February
	Miss McDonald – Team RM	Tuesday 25th February Thursday 27th February
Year 1	Mrs Jeffs – Team 1J	Monday 24th February Tuesday 25th February
	Miss Hildebrandt – Team 1H	Monday 24th February Tuesday 25th February
Year 2	Miss Carter – Team 2C	Monday 24th February Tuesday 25th February
	Mrs Inns & Mrs Elston – Team 2EI	Tuesday 25th February Thursday 27th February
Year 3	Mrs Jones and Mrs Stirk – Team 3SJ	Tuesday 25th February Wednesday 26th February
	Mr Underhill – Team 3U	Monday 24th February Tuesday 25th February
Year 4	Mrs King – Team 4K	Monday 24th February Tuesday 25th February
	Miss Cotgreave – Team 4C	Tuesday 25th February Wednesday 26th February
Year 5	Mrs Salisbury – Team 5S	Tuesday 25th February Thursday 27th February
	Miss Rennocks – Team 5R	Tuesday 25th February Thursday 27th February
Year 6	Mrs Millington – Team 6M	Tuesday 25th February Thursday 27th February
	Miss Buckley – Team 6B	Tuesday 25th February Thursday 27th February

Our Spring Term Parent's Evenings will take place after the Spring half-term.

Parents Evening slots can be booked through our website, [www.hooleprimary.co.uk](http://www.hooleprimary.co.uk) or the School Spider App.

Parents and Carers will need to login to the school website or the app to be able to book a slot. If you have forgotten your login details, please click on the "forgotten password" link to reset it.

The slots are available on a first come first served basis.

If you would prefer a telephone consultation at the time you have booked, please make contact with the School Office via email to [admin@hooleprimary.cheshire.sch.uk](mailto:admin@hooleprimary.cheshire.sch.uk), so we can check contact details and update records where needed.

Unless we hear from families, we will assume that parents or carers are attending in person.



A great course that covers essential topics for parents of children in the primary years

PLEASE EMAIL  
ADMIN@HOOLECEPRIMARY.  
CHESHIRE.SCH.UK TO  
RESERVE YOUR  
PLACE!

# Parentalk

## THE PRIMARY YEARS

4PM-5PM IN SCHOOL WITH MRS BOWES (HETTY),  
MRS CHESTER (HETTY), MRS JEFFS AND MRS COOPER

WEDNESDAY 5TH MARCH

TUESDAY 29TH APRIL

TUESDAY 13TH MAY

TUESDAY 10TH JUNE

TUESDAY 8TH JULY

[www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)





# Easy Fundraising for our PTA



Do we need your support?  
**App-solutely!**



- 1 Open your phone's camera
- 2 Scan the QR Code
- 3 Get the app

The easiest way to support our PTA is to sign up to easyfundraising!

Easyfundraising partners with over 8,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra.

It's simple, shop with 8,000+ online retailers and we'll receive a free donation. This month only, with their Free £2 App-eal, if you register to support us via their app, we'll get £2, plus when 10+ of you register they'll unlock more bonus funding!

Get the app now and choose to support Hoole CofE Primary School's PTA once installed!

## World Book Day Menu

Our lovely Catering Crew will be cooking up a storm on Thursday 6th March, with a special menu to celebrate World Book Day!



If your child would like to order a school lunch for this event, there's no need to pre-book; just let us know on the day.

The usual £2.85 cost applies or free for those children in receipt of Free School Meals and for children in Reception or Key Stage One.

Please note that the usual selection of sandwiches and jacket potatoes will also be available.



# Friday Assembly

Parents and carers are invited to Friday Assembly when their child's class is presenting. If you are able to join us, please refrain from parking in the visitors' car park as the gates will close during the assembly.

<b>Day</b>	<b>Time</b>	<b>Class</b>
<b>Friday 28th February</b>	<b>2.25pm</b>	<b>5S (Mrs Salisbury)</b>
<b>Friday 7th March</b>	<b>2.25pm</b>	<b>6M (Mrs Millington)</b>
<b>Friday 14th March</b>	<b>2.25pm</b>	<b>RW (Mrs Walsh)</b>
<b>Friday 21st March</b>	<b>2.25pm</b>	<b>RM (Miss McDonald)</b>
<b>Friday 28th March</b>	<b>2.25pm</b>	<b>6B (Miss Buckley)</b>
<b>Friday 25th April</b>	<b>2.25pm</b>	<b>5R (Miss Rennocks)</b>
<b>Friday 2nd May</b>	<b>2.25pm</b>	<b>4K (Mrs King)</b>
<b>Friday 9th May</b>	<b>2.25pm</b>	<b>3SJ (Mrs Jones/Mrs Stirk)</b>
<b>Friday 16th May</b>	<b>2.25pm</b>	<b>2C (Miss Carter)</b>
<b>Friday 6th June</b>	<b>2.25pm</b>	<b>1J (Mrs Jeffs)</b>
<b>Friday 13th June</b>	<b>2.25pm</b>	<b>6M (Mrs Millington)</b>
<b>Friday 27th June</b>	<b>2.25pm</b>	<b>4C (Miss Cotgreave)</b>
<b>Friday 4th July</b>	<b>2.25pm</b>	<b>3U (Mr Underhill)</b>
<b>Friday 11th July</b>	<b>2.25pm</b>	<b>2EI (Mrs Elston/Mrs Inns)</b>
<b>Friday 18th July</b>	<b>2.25pm</b>	<b>1H (Miss Hildebrandt)</b>



# Times Tables Rockstar Champions

The exciting Times Table Rockstars Competition continues!

This week's winners are:

Individual winners:  
1st - Arjun  
2nd - Fawaz  
3rd - Ariel

Battle Winners  
this week  
**3U**



## Menu After Half-term

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breaded Chicken/Quorn Goujons, Potato Wedges and Seasonal Vegetables	Mac and cheese served with Garlic Bread and Seasonal Vegetables	Roast Gammon/Quorn with Roast/Mashed Potatoes, Gravy and Seasonal Vegetables	Chicken/Quorn Tikka Masala Curry with Rice, Naan Bread and Seasonal Vegetables or Hot Cheese & Ham Wrap with cucumber and carrot sticks	Cheese and Tomato Pizza served with Chips and Peas or Baked Beans
Jacket Potato with either Tuna, Cheese or Baked Beans	Jacket Potato with either Tuna, Cheese or Baked Beans	Jacket Potato with either Tuna, Cheese or Baked Beans	Jacket Potato with either Tuna, Cheese or Baked Beans	Jacket Potato with either Tuna, Cheese or Baked Beans
Tuna, Ham or Cheese Sandwich	Tuna, Ham or Cheese Sandwich	Tuna, Ham or Cheese Sandwich	Tuna, Ham or Cheese Sandwich	Tuna or Cheese Sandwich
Sticky Toffee pudding with custard	Chocolate Mudslider	Trio of Melon	Strawberry Ice Cream Cake	Shortbread Finger



# CURRICULUM SHOWCASE

*at All Saints' Church*

Join us to discover what we've been learning and share in a unique opportunity to explore the diverse and exciting projects we have been working on this year!

Parents and carers are invited to our spectacular year group Showcases at All Saints' Church (Hoole Road) \*

**RECEPTION** 3rd July 2.15pm  
(\* in school)

**YEAR 1** 11th June 1.45pm

**YEAR 2** 19th March 1.45pm

**YEAR 3** 7th May 1.45pm

**YEAR 4** 14th May 1.45pm

**YEAR 5** 30th April 1.45pm

**YEAR 6** 18th June 1.45pm



JOIN US FOR

# FAMILY RUNNING CLUB

STARTING  
MONDAY  
3RD MARCH



SIGN UP ON  
SCHOOL SPIDER



HOOLE CE PRIMARY SCHOOL



It is Safer Internet Week this week! Thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people. Over the next fortnight, we will be providing families with guidance to help ensure your all safe when using the internet or playing online games. See below for some top tips!

All the National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## What Parents & Educators Need to Know about

# ▶ YOUTUBE ▶

### WHAT ARE THE RISKS?

Almost anyone with an internet connection knows YouTube. The Google-owned site lets anyone upload videos to be shared around the world, and as a result, it's an incredible resource with instant free access to material covering every conceivable topic. But with over 500 hours of video uploaded every minute, not all of it will be appropriate for young eyes.

### INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate content. This can include profanity and violence, which some young users may find upsetting.

### CONNECT WITH STRANGERS

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but it can also lead to binge-watching and screen addiction – especially if 'auto-play' is active. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

### RADICALISATION

YouTube's algorithm tends to promote content that's getting the most traffic – a lot of which can be quite extreme. This can be fine for harmless topics, but YouTube isn't regulated like television, and that means that conspiracy theories, fake news and hateful ideologies can occasionally surface to warp impressionable minds all too easily. Remember – the more they watch, the more they'll be recommended.

### CONNECTING WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as message other users directly. Connecting with strangers online can potentially lead to children being exposed to adult language, cyberbullying and – in the worst cases – online predators. If a child is creating content themselves, this can increase the likelihood of them becoming a target.

### TRENDS AND CHALLENGES

YouTube is teeming with trends and challenges, some of which are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may cause physical or emotional harm. The painful 'salt and ice challenge' – where people use these two ingredients to burn their skin – is just one of many examples.

### SNEAKY SCAMMERS

The comments sections of popular content creators regularly have scammers posing as that influencer, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and often offer cash gifts or 'get rich quick' schemes. Children may not realise that these users aren't who they claim to be.

## Advice for Parents & Educators

### APPLY RESTRICTED MODE

For older children, Restricted Mode is an optional setting that prevents YouTube from showing inappropriate material (such as drug and alcohol abuse, graphic violence, and sexual content) to underage viewers. To prevent children from changing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that they use to access YouTube. It's worth also turning the auto-play feature off, to prevent YouTube's algorithm automatically recommending something inappropriate.



### TRY GOOGLE FAMILY

Creating a Google Family account allows parents and carers to monitor what their child is watching, uploading, and sharing with other users. It will also display their recently watched videos, searches, and recommended videos. In general, a Google Family account gives a parent or carer oversight of how their child uses sites like YouTube and helps to ensure that they are only accessing appropriate content.

### MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them under 18. Younger children will watch different content to older ones, of course. You may want to keep an eye on how children interact with this material – and, if applicable, with content creators – to understand what they're interested in. Remember that creators often share content outside of YouTube, so don't ignore their web presence elsewhere!

### CONSIDER YOUTUBE KIDS

It's possible to sidestep most inappropriate content completely via Google's own YouTube Kids app for Android handsets and iPhone. This lets you filter content by 'preschool' (4 and under), 'younger' (ages 5 to 8) and 'older' (ages 9 to 12). This isn't a perfect substitute for personal supervision, as the app's filtering system is automated, and Google can't manually review all videos.

### CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that a child is subscribed to can be hidden. If the child is only uploading videos set as 'private', they are far less likely to receive direct messages from strangers.

### LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases. For example, users can rent and buy TV shows and movies to watch. If you'd like to avoid children purchasing content online, limit their access to online payment methods. Many parents have discovered the hard way that a child happily consuming a paid-for series quickly leads to an unexpected bill!

### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



The National College



# HAPPY BIRTHDAY

Many happy returns  
to all our  
birthday buddies!

We hope you enjoy  
your birthday book!



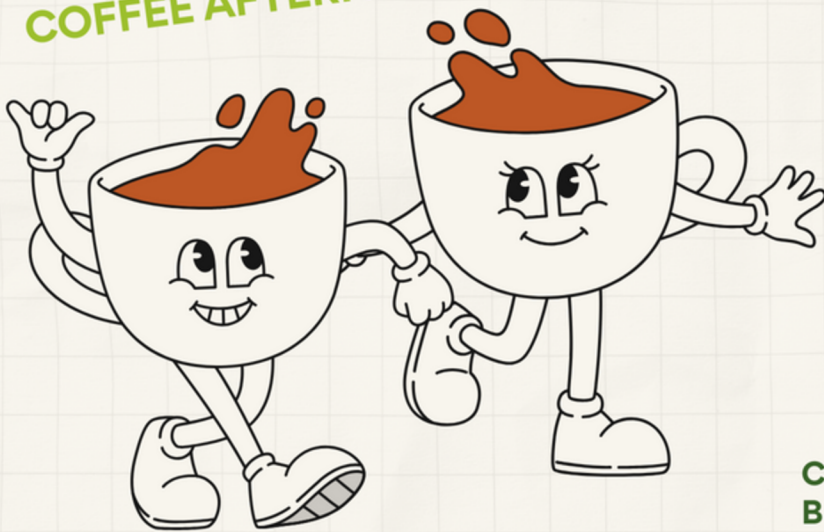
Francesca,  
Willow, Aurora,  
Albert, Sophia,  
Freya, Pepe,  
Jaxon, George,  
Theo and Kitty!

## Smartphone Free Coffee Afternoon

PARENT AND CARER  
COFFEE AFTERNOON

IN SUPPORT  
OF

## Smartphone Free Childhood



**TUESDAY  
11TH MARCH  
FROM 3.25PM**

**CHILDHOOD'S TOO SHORT TO  
BE SPENT ON A SMARTPHONE!**

Feeling the pressure to get your child a Smartphone? Join us over a hot drink and chat to other parents about tackling the problems with smartphones and social media exposure in childhood.

School staff will take care of children for parents who attend the meeting!

**LETTING THEIR  
LIGHT SHINE!**



Grayson's earned his certificates in Level 1 and 5 meter swimming.

Niall was placed 1st at the North West Junior Triathlon Race Series for 2024 - incredible!

Chris passed his Stage 3 in Swimming!

Casi was made Player of the Match at a recent football game!

## Non-uniform Day

We are supporting Comic Relief on Friday 15th March, raising funds for families less fortunate than ourselves. Children are invited to wear their own clothes and we are asking families to donate on the School Gateway app if they can.

**COMIC  
RELIEF**

**Non-uniform Day  
Friday  
21st March**

Children are invited to wear their own clothes in return for a donation to Comic Relief. Please make a donation via the School Gateway if you can.



# Key Dates

14th February	INSET Day (School closed to pupils)
17th - 21st February	School Holidays
24th February	Ethos Ambassadors Meeting 3.30-4.30pm
24th - 27th February	Parents' Evenings
26th February	Year 3-4 Trip to Storyhouse
27th February	Year 4 Roman Trip
28th February	Team 5S Assembly
28th February	Digital Wizards Club Starts
6th March	World Book Day
7th March	Team 6M Assembly
10 - 14th March	British Science Week
11th March	Smartphone Free Parent Meeting 3.30pm
13th March	Rock Kidz Day
14th March	Team RW Assembly
19th March	Year 2 Showcase at All Saints' Church 1.30pm
21st March	Team RM Assembly
21st March	Non-uniform day for Comic Relief
27th March	Singalong Shine-along 2pm



# NATURE & NATTER

Join us for a gentle-paced wellbeing walk designed to connect you with nature and promote wellness through the outdoors. Our walk will take place around the local area, including a walk down to the canal and country park. Light refreshments served afterwards.

**THURSDAYS AT 10AM**  
(30-45 minute walk followed by refreshments)

Meeting at...  
**KING GEORGE V COMMUNITY SPORTS HUB, CH1 5BD**  
(Arrival time 9:50am)

**CONTACTS:**

anna.price@chesterfc.com  
charlotte.swettenhamfoundation@gmail.com



the kilometre club

# RUN CLUB

Looking for a fun and supportive community to keep you moving? Our Run Club is the perfect place for you! Experience the wonderful outdoors, create personal goals and push your limits. It's more than just a run – it's a chance to meet new people, stay motivated, and improve your fitness in a welcoming environment.

**LACE UP AND LET'S HIT THE PAVEMENT TOGETHER!**

**Thursday 6:15 - 7pm (meet for 6pm)**

**King George V Sports Hub, Blacon, CH1 5BD**

**£3 per person**  
(online booking advised)

**VARIOUS RUNNING DISTANCES COVERED FROM 3-5K MUST COMFORTABLY RUN 5K IN UNDER 35 MINUTES**

**CONTACTS:** anna.price@chesterfc.com  
kieran@thekilometreclub.co.uk



## AGES 7-11

### FEES

Reduced trial rate (£5 for 1 hour, £7.50 for 2)

Reduced rates for block booking. All info and pricing here:

<https://tell-tale-kids.classforkids.io/>

### WHAT WE DO

- Develop quality drama & communication skills
- Build your confidence
- Help you make new friends
- Develop your interpersonal skills, empathy and emotional intelligence

### WHO WE ARE

Emma Whitley, our co-founder and director, is a highly experienced Drama practitioner, director and teacher with over 20 years experience working in the arts and education. She founded Tell Tale Theatre in 2009 – a community adult theatre company based in Liverpool. She worked as Director of Education at Liverpool Everyman and Playhouse theatres for 10 years and now heads up the Drama faculty in a local secondary school. Emma also has a Level 3 counselling qualification.

# Tell Tale Kids.

THE DRAMA SCHOOL WITH A PERSONAL TOUCH

### WHEN

**Every Sat between 9.30 to 11.30**

Book a one or two hour slot:

<https://tell-tale-kids.classforkids.io/>

### WHERE

**Hoole Church of England Primary School**

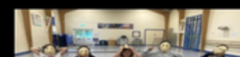
Hoole Lane, Chester, CH2 3HB

For more info or booking DM:

Instagram: [telltalekids\\_chester](https://www.instagram.com/telltalekids_chester)

Or email:

[infotelltalekids@gmail.com](mailto:infotelltalekids@gmail.com)



**metafit.**  
BODYWEIGHT TRAINING

**GET READY TO CRUSH YOUR FITNESS GOALS WITH METAFIT!**

This high-intensity, 30-minute bodyweight workout is designed to push you to your limits. With moderate to fast-paced intervals and no equipment required, you'll keep burning calories long after you finish. Perfect for all fitness levels—join us and feel the burn!

**TUESDAY 9:05-9:35AM**

**COST: £4 PER PERSON**  
(Online booking advised, no equipment required)

**KING GEORGE V SPORTS HUB, BLACON. CH1 5BD**

EMAIL: [anna.price@chesterfc.com](mailto:anna.price@chesterfc.com)

**Have a great break!**

**School resumes on Monday 24th February**

Hoole CE Primary School