



FRIDAY

**March 3rd
3:30-5:00pm
School Hall**

Guest Speaker Olympic Swimmer James Kirton

Dear Parents,

My name is James Kirton. I competed in the 2008 Olympics, and now spend my time working with young people to help and inspire them in life.

I just wanted to send you all a personal invitation to the fantastic after-school event that Paul Rossi has organised for Castle Hills Primary School.

I'll be giving a brief talk about my own childhood and life to date, but also about how physical activity builds the brain. Massively. Amazing new discoveries are showing how physical activity could be a critical factor in going from a D-grade at GCSE to an A-grade. And that's before all the health, fun and behaviour benefits.

It's incredibly exciting stuff, so I can't wait to be at school with you tomorrow. I'll also be spending time after the talk to chat anyone who wants to, about anything you want to.

See you tomorrow!

A small rectangular box containing a handwritten signature in blue ink, which appears to be 'James Kirton'.

GET ACTIVE FAIR

WHAT'S HAPPENING?

- School Aims & Actions to Increase physical activity in school
- Meet and greet your local health & sport providers including; Club Doncaster Foundation, Xercise4Less, Active Fusion and many more.
- Take part in some of our active stalls to earn raffle tickets to win prizes from shiny new stationary to free sessions at Air Kings Trampoline Park and more.