



Noadswood

July 2025

Dear Parents/Carers,

Gym Induction session

As part of the Redwood provision, some of our pupils who take part in PE at Redwood have been joining regular sessions at the gym at Applemore Leisure Centre. This has helped pupils to access a variety of ways to exercise as well as benefiting from physical exercise to regulate.

We have therefore arranged a gym induction for your child on Wednesday 9th July at 10.30am and will last approximately an hour. We will leave Redwood at around 9.30am and take a walk down to the leisure centre ready for the session and we will walk back afterwards.

In September, we hope to be able to offer regular sessions at the gym built into your child's timetable and will give more details of this when we can.

Pupils can arrive at Redwood in their PE kit and will need to change back into their uniform when they return to school.

If you have any queries about the above, please do not hesitate to contact me.

Yours sincerely

Chris West
Lead of Redwood SEMH RP

Noadswood
North Road, Dibden Purlieu
Southampton, Hampshire SO45 4ZF

Tel 023 8084 0025
Email info@noadswood.hants.sch.uk

 @Noadswood_Sch
 @Noadswood_Sch
 @Noadswood_Sch

noadswood.hants.sch.uk