

# Penwortham Priory Post



## Behind The Scenes: The Catering Team

In the bustling corridors and behind the scenes, there are dedicated teams who ensure that our school functions smoothly. From managing administrative tasks and keeping our buildings safe and secure, to providing essential classroom support, these unsung heroes play a vital role in creating a positive learning environment at Priory.

In the second part of this series, we're shining a spotlight on the catering team as we explore their contributions and learn more about the people who provide pupils, staff and visitors with healthy, nutritious and tasty food and drink every day.

When we asked several Year 7s recently what they liked about Priory, many rushed to say 'the food' – and that's all down to our fantastic catering team.

Led by Catering Manager Miss Rigby, her team are responsible for producing the food in the dining room for Years 7-9 and then catering in the Bistro for Years 10 and 11.

Miss Rigby said: "I started here in September as Catering Manager and I love the job. No two days are ever the same, every day is different and that's what I enjoy.

"My job is about balancing everything – from healthy eating to serving traditional food such as lasagne and roast dinners; balancing budgets; making sure there is enough food; catering for allergies, such as gluten and dairy; and making sure there is a menu to suit everyone.

*Continued next page...*

## Key Dates

### Diary Dates

Did you know that the term dates for the academic year are available to view and download from our website?

[www.priory.lancs.sch.uk/parents/termdates](http://www.priory.lancs.sch.uk/parents/termdates)

### Monday, 10 June

Year 8 Parents Evening (online)

### Friday, 14 June

Year 11 Leavers Assembly until 4pm

### Monday, 17 June

Year 10 Preston College taster day

### Tuesday, 18 June

Year 9 DofE Expedition

### Wednesday, 19 June

DATE CHANGE Year 10 Runshaw College taster day

### Friday, 21 June

Learning for Life Day 5 Early lunch followed by school closure at 1.10pm

### Monday, 24 June

Year 7 Parent's Evening (online)  
Year 10 DofE Expedition

### Thursday, 27 June

Rewards trips

### Friday, 28 June

Year 10 Newman College taster day  
Alumni Coffee Morning (former pupils/staff)

Continued from front page



"It's been great getting to know the pupils. It is constant; preparing the food for break, then getting

everything ready for lunch time and it is busy all day.

"There's more than just making and serving food with risk-assessments, hygiene, ordering and more but we all work together to make sure we serve the best food we can at Priory.

"We are always looking to introduce different flavours and tastes into the menu as well so it's always exciting, coming up with new ideas."

*Miss Rigby  
Catering Manager*



## Catering Survey

### \*\*Share Your Views!\*\*

**Pupils:** We need your input so we can enhance your dining experience at Priory.



Complete the survey by Friday, 14 June and help us discover what you'd like so we can serve up even better food options. Your feedback matters!

Take the survey here >>

<https://forms.office.com/e/qZ2wySe8>

Thank you for taking part.

Catering Survey



Joyful June 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others
	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good	8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently
	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way
	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to
	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)

ACTION FOR HAPPINESS

Happier · Kinder · Together



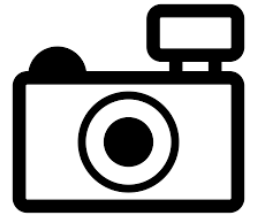

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# Whole School Photo Now Available to Buy

Tempest Photography is pleased to report Penwortham Priory Academy's whole school group photograph is available to view and order online only via the following weblink:



<https://http.st/282420-98WSG>

Postage is free for orders placed before the end of Sunday, 16 June (orders will be sent to school). The cost is £29.50 for a tubed print, with additional framing options. Please include your child's full name to assist with distribution at school.

A copy is available at reception if parents would like to view before they buy.

For assistance, please call Tempest direct on 01736 752411 (Option 3 - Place an order (P&P applies) | Option 5 - Customer services)

## Year 11 Lunch Accounts

Year 11 pupils now have just one week left of school. We would therefore like to remind you that no refunds will be made on your child's lunch account, so please do bear this in mind and use up any remaining balances you may have over the coming week.



*Mrs Cookson  
Assistant Business  
Manager: Finance & HR*

## Year 11 Leavers Hoodies



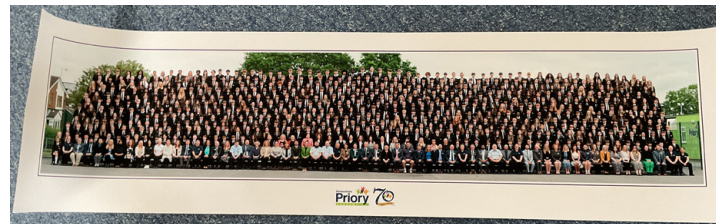
The Year 11 hoodies have been given out this week.

Pupils are allowed to wear their leavers hoodies in school however they are reminded that they are not permitted to be worn in the exam halls.

If a pupil has a leavers hoodie then they do not have to wear their blazer. Only leavers hoodies are permitted and any other type of hoodie will be confiscated. If a pupil isn't wearing a leavers hoodie then they must continue to wear their blazer.



*Mrs Bailey  
Head of year 11*



## Year 10 College Visits

A reminder that the college visits are coming up. There has been a slight change to the date of the Runshaw College trip. Therefore, the dates are as follows-

**Monday 17th June** - Preston College. Leaving at 9.15am, returning at 2.45pm.

**Wednesday 19th June (was Tuesday 18th)** - Runshaw College. Leaving at 9.15am, returning at 2.45pm.

**Friday 28th June - Newman College** (not all pupils will be attending, only those who put Newman as their first/second choice). Leaving at 10am, returning at 2.30pm.

*Mrs Bullock  
Head of year 10*

# Year 11 Final Week Schedule



Here are the revision and exam times for next week, culminating in the traditional shirt signing and leavers assembly after the Physics exam on Friday until 4pm.

## Week Commencing Monday, 10th June

**Monday, 10th June** – All pupils in school as normal

**Tuesday, 11th June** – All pupils arrive to school as normal for their Chemistry exam. After their Chemistry exam (Combined Science pupils 10.15am and Separate Science pupils 10.45am) all pupils can go home except those pupils who study Further Maths. Further Maths pupils will leave school at 2.45pm after their exam.

**Wednesday, 12th June** – There will be optional Science Physics revision for any pupils wishing to come into school during Period 1 and Period 2. After Period 2 any child not studying GCSE Geography will leave school. All GCSE Geography pupils must be in school for Periods 3, 4 and 5 (Revision) and all Childcare pupils must be in school for Periods 4 and 5 (Exam).

**Thursday, 13th June** – Only pupils studying GCSE Geography will come into school for Period 1, 2, 3 and 4 (Revision).

**Friday, 14th June** – All pupils in school as normal with a 4.00pm finish so they can participate in the leavers' celebration assembly and shirt signing. **(A reminder that pupils cannot go into the exam hall with any signing on their shirts)**

## Week Commencing Monday, 17th June

**Tuesday, 18th June** – Only pupils studying GCSE Food Preparation and Nutrition will come into school for Periods 3 and 4 (Revision).

**Wednesday, 19th June** – Only pupils studying GCSE Food Preparation and Nutrition and Further Maths will come into school for Periods 1 and 2 (Exam).

		Period 1 08:50 to 10:00	Period 2 09:50 to 10:50	Break	Period 3 11:15 to 12:15
W/C Mon 10th June	Monday	Yr 11 Maths 3 Exam (1 Hr 30)	Yr 11 Maths 3 Exam (1 Hr 30)		
	Tuesday	Yr 11 Chemistry 2 Combined Exam (1hr 15) Yr 11 Chemistry 2 Separates Exam (1hr 45 )	Yr 11 Chemistry 2 Combined Exam (1hr 15) Yr 11 Chemistry 2 Separates Exam (1hr 45 ) <b>All Yr 11 except further maths go home</b>		Yr 11 Further Maths Revision (AHU)
	Wednesday	Yr 11 Optional Physics Revision (ACP and TS2)	Yr 11 Optional Physics Revision (ACP and TS2)		Yr 11 Geography revision (PM, LK)
	Thursday	Yr 11 Geography revision (PM, LK)	Yr 11 Geography revision (PM, LK)		Yr 11 Geography revision (PM, LK)
	Friday	Yr 11 Geography Exam - Investigations (1 hr 30)	Yr 11 Geography Exam - Investigations (1 hr 30) Yr 11 Science Revision (DB, AP, VE, CM, KR, TS2)		Yr 11 Science Revision (DB, AP, VE, CM, KR, TS2)

		Period 4 12:15 to 13:15	Lunch	Period 5 13:50 to 14:50
W/C Mon 10th June	Monday	Yr 11 Science Revision (DB, AP, VE, CM, KR, TS2)	Early	Yr 11 Science Revision (DB, AP, VE, CM, KR, TS2)
	Tuesday	Yr 11 Further Maths 1 Exam (1 hr 45)	Early	Yr 11 Further Maths 1 Exam (1 hr 45)
	Wednesday	Yr 11 NCFE Child Care Exam (1 hr 30 mins) Yr 11 Geography revision (PM, LK)	Early	Yr 11 NCFE Child Care Exam (1 hr 30 mins) Yr 11 Geography revision (PM, LK)
	Thursday	Yr 11 Geography revision (PM, LK)		
	Friday	Yr 11 Physics 2 Combined Exam (1hr 15) Yr 11 Physics 2 Separates Exam (1hr 45 )	Early	Yr 11 Physics 2 Combined Exam (1hr 15) Yr 11 Physics 2 Separates Exam (1hr 45 )

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# Eco Club Makes Its Mark on Priory's Green Spaces



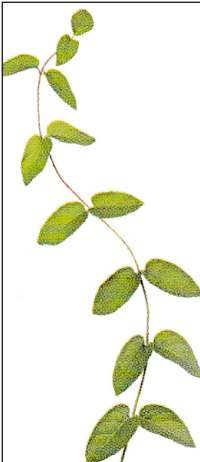
The Eco Committee has taken over a green space at the front of school.

With the expert help of our award winning gardener, Mr Farron, and a group of volunteer pupils, we cleared the area and planted roses and sunflower seeds.

We hope to complete regular maintenance visits, and are looking forward to seeing whose sunflower grows the tallest!

Well done - Year 7 Owen T, Joe W.  
Year 8 Charlie T, Oliver C, Emily C,  
Alfie K, Harley F-N

Mrs Massey  
Science Teacher  
House Leader - Calder



**Jillian Will Yoga**

- Hatha Yoga
- Antenatal
- Pre and post natal
- Fully Qualified instruction
- Comfortable and relaxed atmosphere
- All ages and abilities

Galloways Society for the Blind  
Howick Park Ave, PR1 0LS  
Tuesday Evenings | 7.30pm-8.30pm

Website: [www.jillianwill.co.uk](http://www.jillianwill.co.uk)  
E-mail: [jillian.will@hotmail.co.uk](mailto:jillian.will@hotmail.co.uk)

**Jillian Will Yoga**

**Contact: Jillian**  
Tel: 01772 741968  
Mobile: 07968725699



Website: [www.jillianwill.co.uk](http://www.jillianwill.co.uk)  
E-mail: [jillian.will@hotmail.co.uk](mailto:jillian.will@hotmail.co.uk)





# We're Recruiting!

## Design & Technology Technician

Closing date: 21 June 9am

## Design & Technology Technician

Grade 5 - Scale Points 6 to 11

Term time plus 5 INSET days (39 weeks)

Part time or job share may be considered

We are looking to recruit an experienced, talented and innovative Technician to work as part of a dedicated team who strive to enhance our pupils' learning experience in every possible way.

The successful candidate will work with teachers to support learning by providing technical assistance, through working with pupils in the delivery / demonstration of practical learning activities and the preparation and maintenance of teaching areas and equipment for pupils.

The Design and Technology Department has two Resistant Materials workshops, two CAD Graphics rooms, a Textiles room and a Food Preparation and Nutrition room. There is also a room dedicated to CAD CAM which houses laser cutters and routers.

All applications should be on the Penwortham Priory Academy application form (CVs not accepted).

Prospective candidates are encouraged to contact the school for a tour prior to the final application.

For a job description, person specification and application form, go to>>

[www.priory.lancs.sch.uk/vacancies](http://www.priory.lancs.sch.uk/vacancies)

Closing date - 9am on Friday, 21 June 2024

Interviews and assessments – Friday, 5 July 2024



Myerscough  
College & University Centre  
INSPIRING EXCELLENCE

- ✓ School Leavers
- ✓ Apprenticeships
- ✓ University Degrees

## Course Advice Morning



Ideal for Year 10s, but its not too late for Year 11 applications!

Download our 2024 School Leaver Prospectus

### Saturday 8th June 2024

CENTRES ACROSS THE NORTH WEST

PRESTON • BLACKBURN  
LIVERPOOL • WARRINGTON

The North West centre for land-based, sport, engineering and science education

[www.myerscough.ac.uk](http://www.myerscough.ac.uk)

## Open Farm Sunday

Visit a farm & discover the world of farming!

### Sunday 9<sup>th</sup> June 2024

## Myerscough College Lodge Farm

St Michaels Road, Bilsborrow. PR3 0RT  
What3Words parking ///nudge.cardinal.zest

### 10am to 4pm

Book your **FREE TICKETS** online at [www.myerscough.ac.uk](http://www.myerscough.ac.uk)

- ☉ Meet a range of our animals
- ☉ Enjoy our Countryside Trail
- ☉ Sheepdog demonstrations
- ☉ BBQ, catering and refreshments
- ☉ Drone Technology in Farming
- ☉ See the College farm at work
- ☉ Watch the robotic milkers
- ☉ Course and Careers Advice
- ☉ Children's activities
- ☉ Agricultural Machinery display

For more information call 01995 642222.

[www.farmsunday.org](http://www.farmsunday.org)

- ☒ @Openfarmsunday
- ☒ LEAFopenfarmsunday
- ☒ openfarmsunday

Open Farm Sunday is managed by LEAF (Linking Environment And Farming). Charity no. 1045781

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## Year 11 Runshaw College Applicants

Attention Year 11 pupils who have applied to join Runshaw College for September 2024.

Bookings for Runshaw College's Year 11 subject choice taster days are now live. Register at >>

[www.runshaw.ac.uk/subject-choice-days/](http://www.runshaw.ac.uk/subject-choice-days/)

The Subject Choice Day is an extremely worthwhile taster day for Year 11 applicants to gain a real insight into life at Runshaw, meet who your teachers will be, try out your journey on the college bus routes, and can help you make some informed decisions about your next steps if you are still considering two/three options.



## Year 8 Parents Evening

### Monday, 10 June

### Booking Now Open



To facilitate these events we use a web-based program called 'SchoolCloud Parents Evening'.

**The link to book your slot is now live and an email and letter has been sent to Year 8 parents.**

Full instructions on how to book and attend appointments, can be downloaded from the school website at [www.priory.lancs.sch.uk/parents/parents-evenings](http://www.priory.lancs.sch.uk/parents/parents-evenings)

In addition, a tutorial video can be viewed by clicking on the link>> <https://vimeo.com/473882995>

**The link to access the event is the same link you use to book your appointments, as follows:**



<https://penworthampriory.schoolcloud.co.uk/>

To enable teachers to meet with as many parents/carers as possible, each appointment slot will be four minutes long. The appointments automatically stop after this time and teachers cannot extend the call.

If you wish to meet with your child's teacher for further discussion after this, please arrange this with them during the session or via email at a later point. If you would like to speak to another member of staff, please feel free to contact them direct. A full email list can be found via our website at [www.priory.lancs.sch.uk/parents/staff-contact-list](http://www.priory.lancs.sch.uk/parents/staff-contact-list)

**PRESTON COLLEGE**

**APPRENTICESHIP OPEN EVENT**  
MONDAY 1 JULY 4-7PM

**REGISTER TODAY!**

T 01772 225768  
E [appsinfo@preston.ac.uk](mailto:appsinfo@preston.ac.uk)  
W [www.preston.ac.uk/apprenticeship-open-event-2024](http://www.preston.ac.uk/apprenticeship-open-event-2024)

**PRESTON COLLEGE**

Mrs Hanu  
Head of year 8



# Rewards

## Reward Trips Thursday, 27 June

Pupils who have worked hard, had good attendance and have demonstrated the Priory standard over the past academic year, are invited to choose from a selection of trips as a reward.

The trips offered will all take place on Thursday, 27 June. Pupils have a **choice of one** of the following trips:

### Trafford Centre –

Arrive at school at the normal time, return in time for the school buses. Cost - £9

### Blackpool Pleasure Beach –

Arrive at school at the normal time, return approx. 6.30pm. Cost - £30

### Blackpool Zoo –

Arrive at school at the normal time, return in time for the school buses. Cost - £14  
(There is only a small number of places available)

Pupils who are not participating in any of these trips will need to attend school as normal. For those invited on the reward trips that choose to stay in school, there will be range of enrichment activities available.

Pupils may wear their own clothes that are appropriate for the trip, but they are to remember they will still be expected to represent and uphold the Priory standard.

Pupils going to the Trafford Centre and Blackpool Zoo will return approx 3pm in time for the school buses. If your child has chosen to go to Blackpool Pleasure Beach, please organise your child's collection from school well in advance.

If your child has been invited on the rewards trip, and

would like to go, please make the required payment via the school's online payment system, SCOPay.

Whilst there are places for everyone with a rewards trip invitation, you are advised to make payment early to ensure your child gets their first-choice.

**Payment should be made no later than Wednesday, 12 June, after which the payment option on SCOPay will close. Please note, late payments will strictly not be accepted.**

It is expected that pupils will continue to meet the Priory standard in the time between payment and the day of the trip. Should a pupil fail to continue to meet expectations, a discussion will be held possibly resulting in revoking their invitation on the trip in which case a refund will be issued for the payment made. This remains at the discretion of the Head of Year and Pastoral team.



## Year 10 End of Year Exams



The end of year exams will take place under exam conditions but are not mock exams. Exams will take place in the Hall to give pupils the experience and preparation for their final exams in Year 11.

### Week Commencing 10 June

**Monday, 10 June (early lunch)** - Periods 4 & 5  
Business and Enterprise, Computer Science, Food Nutrition and Preparation

**Tuesday, 11th June (early lunch)** - Periods 4 & 5  
Maths Paper 2 and 5

**Wednesday, 12th June** - Period 3  
RE Christianity, Graphics

**Thursday, 13th June**  
Science Biology (Period 1 & 2)  
Childcare (Period 3)  
French Reading (Period 3)  
French Writing (Period 4)



# June is Pride month - a month dedicated to celebrating LGBTQIA+ communities all around the world



Pride is celebrated in the month of June, as that was the month when the Stonewall riots took place.

The Stonewall riots were important protests that took place in 1969 in the US, that changed gay rights for a lot of people in America and around the world.

Pride month is about acceptance, equality, celebrating the work of LGBTQIA+ people, education in LGBTQIA+ history and raising awareness of issues affecting the LGBTQIA+ community. It also calls for people to remember how damaging homophobia was and still can be.



Pride is all about being proud of who you are no matter who you love.

Pride is a celebration of people coming together in love and friendship, to show how far LGBTQIA+ rights have come, and how in some places there's still work to be done.

Find out more about what Pride is all about, and how it is celebrated, below...

## WHAT IS LGBTQIA+?

LGBTQIA+ is an acronym that brings together many different gender and sexual identities that often face marginalization across society. The acronym stands for lesbian, gay, bisexual, transgender, queer, questioning, asexual, intersex and the + holds space for the expanding and new understanding of different parts of the very diverse gender and sexual identities. You can find a list of the terms [here!](#)

## BACKGROUND:

Historically people have been discriminated against as a consequence of their sexual orientation or gender. In the UK gender and sexual orientation are 'protected characteristics' in the 'Equality Act 2010'. To harm someone because of their identity as lesbian, gay, bisexual or trans is considered a 'Hate Crime'. 'The Civil Partnership Act 2004' made it legally binding for same sex couples to obtain essentially the same rights and responsibilities as everyone else, in England and Wales 'The Marriage Act 2013' enabled same sex couple's full marriage rights introducing opportunity for those in civil partnerships to convert into marriage.

## WHY IT MATTERS:

Despite equality legislation homophobia, transphobia, biphobia still exists in the UK. In 72 countries worldwide LGBT people are not protected and do not have rights. Adults, children and young people across the UK are suffering mentally, emotionally, socially, and physically from the effects of LGBTQIA+ prejudice and lack of support. Young people have rights but are less likely to report such hate crimes/incidences for fear of repercussions or lack of faith in adults around them providing the right kind of support.



## LGBTQIA+ 7 MINUTE BRIEFING

## WEBSITES FOR MORE INFORMATION

(Click on each to access the website)

- [Stonewall: A guide to support LGBTQIA+ children and young people.](#)
- [FFLAG](#)
- [Healthy Young Minds](#)
- [The Proud Trust](#)
- [Youngminds](#)
- [Youngminds: Guide for parents/carers](#)
- [Banardo's](#)

## SIGNPOSTING FOR CHILDREN, PARENTS/CARERS:

### [Lancashire LGBT:](#)

Provides information and support, one to one support, support and activity groups, webinars/workshops promoting wellbeing and improving mental health and a counselling service.

### [POUT Lancashire:](#)

01772 532930

South Ribble POUT youth group run by Lancashire County Council for young people aged 12-19.

## WHAT CAN WE DO?

- Avoid stereotyping, everyone is a unique individual.
- Don't assume a person's gender or sexuality
- Use the correct pronouns. Use gender neutral language.
- Be aware of LGBTQIA+ groups/services locally and nationally, promote events and significant days.
- As an organisation ensure you have images/ information leaflets promoting inclusion.
- Ensure your policies and practices acknowledge diversity.

## LGBTQIA+ & MENTAL HEALTH:

Key findings from the [Stonewall School Report](#) (2017) show that:

- Nearly half of LGBTQIA+ pupils are bullied for being LGBTQIA+.
- The report also found significantly high self-harm rates in LGBT students as well as attempted suicide.
- Half of LGBTIQ+ people had experienced depression, and three in five had experienced anxiety.
- One in eight LGBTQIA+ people aged 18 to 24 had attempted to end their life.
- Almost half of trans people had thought about taking their life.

Lucy Taylor

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**#RESPECTTHEWATER**

## A quarry lake can look very inviting on a hot summer's day but can be a killer

The impact of cold water and other hazards can put even strong swimmers at risk. Remember that warning signs and fencing are there to protect you. Please choose to enjoy water based activities where it is safe to do so.

**If you are in trouble in the water:**

### 'Float to Live'

- tilt your head back with ears submerged. Relax and move your hands to help you stay afloat.

Once you have adjusted to the water look for a place to exit - call for help.

**If you see someone in difficulty, resist the temptation to enter the water to try and save them.**

**CALL - TELL - THROW**

**CALL 999** and ask for the Fire and Rescue Service at inland water, and the Coastguard at the coast

**TELL** them to stay calm and float on their back

**THROW** them something that floats or find something to reach them and pull them in

**mpa**  
mineral products  
sustainable solutions

respectthewater.com | www.mineralproducts.org/Campaigns/Stay-Safe.aspx

Based on original artwork by Department of the Environment Northern Ireland ©

**Lifeboats**

## If you're struggling in the water ...

Tilt your head back with ears submerged

Relax and move your hands to help you stay afloat

Remember it. Share it.

# FLOAT TO LIVE

**#RESPECTTHEWATER**

Photo: RNLi

The RNLi is the charity that saves lives at sea. The Royal National Lifeboat Institution, a charity registered in England and Wales (208692), Scotland (SC032725-6), the Republic of Ireland (C11 2678 and 20003326), the Bailiwick of Jersey (14), the Isle of Man (1208 and 006229F), the Bailiwick of Guernsey and Alderney, West Quay Road, Poole, Dorset, BH15 1HZ

**Nuffield Health**

# LIVE FOR THE MOVEMENT

Sign up today for **FREE** weekly fitness classes

Calling all girls aged 11-16! Check out our new **MOVE TOGETHER FITNESS CLASSES**.

Good for both body and mind our specially designed classes will help you to build strength, confidence and get you moving. It's the perfect opportunity to have fun with friends.

**MOVE TOGETHER** with our **free** fitness classes:

Book your free spot - scan the QR code or go to:  
[nuffieldhealth.com/movetogether](http://nuffieldhealth.com/movetogether)

## Nuffield Health's Move Together Community Programme for Girls

Nuffield Health has launched Preston's Move Together Programme, a free female only exercise class in the community for young people.

This is as a national project that Nuffield Health has designed to encourage age 11-16 year old females to engage in physical activity. Statistics show the early teenage years to be a pivotal age for young females to drop out of participation in exercise.

Classes are available at The Foxtan Centre, Unit 10&12, Oakham Court, Avenham, Preston, PR1 3XP and at St James Church Hall, Avondale Drive, Lostock Hall PR5 5BQ.

For further information >>  
[www.nuffieldhealth.com/movetogether](http://www.nuffieldhealth.com/movetogether)



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