



# Villawood North Public School

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**Together We Live**

18th July, 2023



Dear Parents and Caregivers

In Term 3, Fit Futures will be providing a fitness program for all students, designed to prepare them for the athletics carnival by developing their skills in running, jumping and throwing.

The program will include half hourly sessions and will run from Weeks 2-6, commencing Monday 24th July.

Mrs Bentley  
Principal

Mrs Hewitt  
Sports Coordinator