



Message from the Principal

I hope this newsletter finds you and your family well.

This may have been one of the shortest half terms, but as you'll see, it has been one of the busiest. As life starts to open up again, it is wonderful to see our students participating and succeeding in a range of events and opportunities. Please take time to read all about these and share in their achievements.



We are excited to begin welcoming parents back on site again for different events. Please make a note of these opportunities next half term:

Thursday 9th June: 6pm – 7.30pm. Workshop on supporting young people to form and maintain healthy relationships. Please sign up here if you'd like to attend <https://forms.office.com/r/jwhmKG8kC8>.

Thursday 23rd June: 7pm -8.30pm: Summer Arts Festival. A celebration of Dance, Drama, Music and Art. Tickets £3 available on Beehive.

Friday 8th July: Cultural Fashion and Talent Show 4pm – 5pm – please see inside for more details about how we will be celebrating all forms of Diversity throughout the day on July 8th, culminating in the fashion and talent show.

We wish all our Year 11s well in their exams, and Year 10s who will be sitting their early entry GCSE. We have been impressed with their calm and positive approach to these exams.

Have a lovely half term break

Best wishes
Mrs Angus



- ⇒ **27 May** — College Closes
- ⇒ **6 June**—College Opens
- ⇒ **10 June**—Yr10 Geography Fieldwork Trip
- ⇒ **27 June**—Yr 6 SEN Morning
- ⇒ **27 June**—Yr 6 Activity Afternoon
- ⇒ **28 June**—Yr 6 Transition Day
- ⇒ **1 July**—Yr 9 Health Fayre
- ⇒ **1 July**—Yr 11 Prom
- ⇒ **8 July** Cultural Fashion Show and Talent Show
- ⇒ **12 July**—Whole School Sports Day

CONTACT US:

Knighton Lane East, Leicester, LE2 6FU | T: 0116 270 8116 | E: contactus@sirjonathannorth.org.uk

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@SJNCCSchool



Sir Jonathan North College



www.sirjonathannorth.org.uk

MESSAGE FROM YEAR 11 PASTORAL TEAM

Year 11 students have now completed 2 weeks of exams and we continue to be immensely proud of how they have conducted themselves during this period of time. We hope that during the half term break they are able to balance both their free time and revision to ensure they look after their mental wellbeing.

Please see below useful information about how to support your child during exams which is available on the NHS and Young Minds websites:

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/>

Please be reminded that students will be required to attend all of their timetabled lessons after the half term as normal until Friday 17 June, when their remaining lessons will then be moved online via TEAMS. After this date they will only be required on site to attend their exams.

Finally, see details of key dates in the upcoming half term:

- **Monday 6 June** - Return to College
- **Friday 17 June** - Final day at SJNGC. After this date, students will only be required to attend their exams
- **Monday 20 June** - Leavers assembly following their morning exam
- **Tuesday 28 June** - Final GCSE exam
- **Friday 1 July** - Prom

We hope that you all have a restful half term break and we continue to wish students all the best in their remaining exams.



PE DEPARTMENT



NATIONAL BASKETBALL LEAGUE JUNIOR FINAL FOURS



Congratulations to Aja in Year 9 who represented Leicester Riders U14 girls team in the final Fours in Manchester recently. The final fours are the best four teams in the country that have competed in leagues and knock out rounds.

They lost their first match against Richmond by only 4 points which meant they went on to play in the 3rd – 4th playoff game. They beat an Ipswich team convincingly to come 3rd in the country.



SPORTING SUCCESSES

West Area Athletic Championships

Last week we took a team of students from all year groups to the West Area Athletic Championships. Students performed brilliantly in a range of events including 100m, 1500m, long jump, high jump and many others.

Their individual results meant that as a team SJNGC came overall 1st in every category: U13, U15s and U17s.

28 students have been selected to represent West Leicester Schools at the County Athletics Championships

A HUGE well done to everyone involved.

Asiyah	Charley	Alicia	Ashnoor	Amelia	Aiya	Naledi	Estee
Edie	Rhiannon	Ayah	Tanisha	Silvia	Inaya	Anna	Emilia
Adaiha	Aja	Joy	Imogen	Nadia	Naarah	Lily	Agnes
Nasrin	Seanna	Mira	Sophia	Keira	Sarah	Seyi	Lilly
Kajla	Zoe	Amira	Tiggi	Chloe	Lucy	Ellie	Erin
Mapalo	Ruby	Elysia	Martha	Sophie	Esther	Abi	Elizabeth

Swimming

At the beginning of this month, Naarah Year 9 represented Braunstone Swimming Club at the East Midlands Swimming Championships. Over this season she has medalled 17 times (freestyle breast-stroke, fly) and had some great pbs in all strokes including Individual Medley, In the championships, she secured a final place and PB, and hopes to be selected for the Team Leicestershire Talent programme once again next year.

Well done Naarah!

LORD LIEUTENANTS YOUNG PERSON OF THE YEAR AWARDS 2022

On Monday, 9 May I had the pleasure to attend The Lord-Lieutenant's Young Person of the Year Award 2022. Having nominated one of my tutor group, Shehezana for the Young Braveheart of the Year Award she had made it through to the finals which took place at County Hall, Glenfield. The Braveheart Award is for an individual who has either overcome personal barriers to achieve success, made a stand against bullying, racism etc or demonstrated a life-saving act of bravery.



Shehezana, members of her family and myself arrived at 6pm to a drinks reception where we met the Vice Lord Lieutenant Colonel Murray Colville and members of Leicestershire County Council as well as members of the judging panel and event sponsors. The finalists were taken into the chamber at County Hall to prepare them for the award ceremony.

There were three finalists for each of the categories: Young Braveheart of the Year, Young Volunteer of the Year, Young Artist of the Year and Young Leader of the Year. We were able to hear their stories and the reasons why they had been nominated. I nominated Shehezana for her extraordinary resilience and positivity as a student with no vision and had said about some of the barriers she has had to overcome and talked about her humour and her love of some of her subjects including DT. The stories across the categories were amazing to listen to, truly inspirational and it was lovely to be part of such a special evening to showcase the achievements of the young people of Leicestershire who had been nominated.

The Lord-Lieutenant, Mike Kapur handing out the prizes to all the finalists, a certificate and a £100 Amazon voucher. Each category had a winner who received a further prize to the value of £500. At the end of the ceremony the Lord-Lieutenant gave his Special Achievement Award to one of the winners of a previous category. I was so proud that Shehezana was successful in being a finalist from many nominations that were made and judged.

After the ceremony and official photos we went for a three course meal in a beautifully decorated room. Shehezana looked amazing in her beautiful dress and many of the guests talked to her. At the end of the evening the Lord Lieutenant came and sat with her about the evening.

Ms Stone



DESIGN AND TECHNOLOGY DEPARTMENT

Design and Technology First Year Product Design Royal Society of the Arts (RSA) Competition

Year 9 GCSE Product Design students have been working in teams to create six presentation boards for a national competition organised by RSA.

Dave King who is a successful product designer and a mentor for RSA, visited our group last week and all teams presented their work to him for feedback.



**Product Designer
Dave King & RSA Mentor**

Five Leaf Clover

"I thought the idea of using exercise as a way of being more environmentally friendly is great!"

Learning to belong

"The presentation was excellent and Immediately *got it!* The intro to your boards about creating a sense of belonging is really strong and so important."

Green Cuisine

"Really interesting idea! I'd love to see you try and make some of these (and eat them too :D) a lot can be found out by getting your hands busy and prototyping! I think the judges would love to see some prototypes of this too."

Eco Thirst

"The idea is very current and addresses a very real problem. It's not going away and we all must adapt! It's great that you are thinking about price and target market.

One issue that you pointed out was that the bottle would degrade because of the materials used. This is one of the biggest problems with the idea but could be one of the biggest opportunities."

We will submit our boards in June for the first round, if successful we will travel to Birmingham and then London for the finals, please wish us luck.

Ms Eldredge and Year 9 First Year Product Designers.

GCSE Fashion and Textiles moderator "Blown away" by SJN Fashion projects!

This year exam boards are visiting schools again to assess practical subject work. The students have created a wide range of innovative designs again this year. Examples range from: a 'bat' inspired bag which doubles up as a corset when the wings wrap around the wearer, to a flare sleeved dress, made from an original 1960's pattern, with 3D butterfly decoration, and original metallic printed fabrics.

The moderator said "this is the best school I've seen so far, I am blown away by the standard of work...I am so impressed with the quality of development. The students have clearly worked hard...even the toiles are impressive and made to such a high standard!"

It is lovely to see our student's talents recognised. Well done to all Design students.

Miss Stanton and the Design and Technology Team

YOUNG ENTERPRISE

Young Enterprise Companu, Bijou, Compete at County Finals

Our Young Enterprise, Bijou, competed at the Young Enterprise Leicestershire Innovation Awards on Wednesday 4 May at De Montfort University. They had already won awards at the recent Trade fair at Beaumont Leys shopping centre.

They submitted a Business report two weeks before the finals for the judges to read prior to being interviewed by the judges. The final element that the students were judged on was a four minute presentation given to an audience of over 100 people.

After the judges made their decision they awarded the team with the award for Teamwork.

The Young Enterprise journey for Bijou is not quite over as they will need to liquidate their company before half term. They have done very well to win awards at the trade fair and in the County final. They have learnt a lot about business along the way and I am sure they will help and support the next Young Enterprise company starting in September.

Mr Pope



STUDENT COUNCIL EXECUTIVES

This term, student council have completed some exciting projects.

We have allocated the funding that students and staff were able to apply for and these projects are now being carried out. Successful bids include: new equipment for the playground at breaktimes, a bhangra workshop run by the diversity ambassadors and a brand new science display. We have also helped eco club to fund new plants for the college pond and wildlife houses to go around the college site.



After much build-up and anticipation, we have also reached a final decision on the new names for the school buildings. These were voted for by students and staff and we hope to have fully changed them by the start of next academic year. The new names are Dorothy Hodgkin, Murasaki Shikibu, Wilma Pearl and Zaha Hadid. Hawkins building will remain the same and the Greenwood Lounge will be named after Ada Lovelace.

Ada Lovelace is known as the first computer programmer whilst Dorothy Hodgkin won a Nobel prize for her work in Chemistry. Zaha Hadid was an Iraqi British architect, artist and designer so is a fantastic choice to represent the current D block. Wilma Pearl was a Native American activist and was the first woman to be elected as a Principal Chief in the Cherokee nation. Murasaki Shikibu wrote what is considered to be one of the world's first novels a thousand years ago. We think all of these women are amazing choices to represent our values and ambitions.

We continue to meet the student council representatives from each tutor group on a regular basis. Following these meetings we meet with Mrs Angus and other senior staff to discuss any issues raised. Soon we will be launching the recruitment of the executive for next year. Current Year 9 students we look forward to your applications!

Student Council Executives

SECOND HAND UNIFORM ARRANGEMENTS

As we come towards the end of the academic year and thoughts turn towards purchasing new items of uniform ready for the next academic year, we would like to make second hand items available for students who need them.

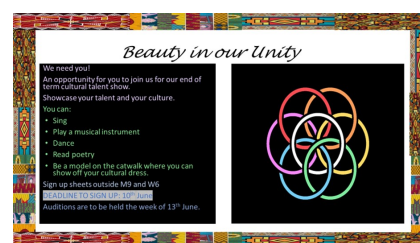
If you have a jumper / blazer / skirts / trousers or any PE items that your child has grown out of but are still in good condition, please could you bag them up and send them into the office by the end of term. Items will be washed and made available to students at the beginning of next academic should they need them.

If you are going to struggle to buy an item of uniform, please let your child's pastoral team know in plenty of time so we can work with you to find a solution.

BEAUTY IN OUR UNITY

On Friday 8th July we will be celebrating our diverse community through a range of activities and throughout the school day. This will culminate in a cultural fashion and talent show from 4pm -5pm, to which all parents and carers are invited. Look out for more information next term.

As part of the range of events on offer, a Trust-wide Pride event will be held on July 8th from 11am – 2pm at Cedars academy. You have received a letter about this and students should register their interest with their tutor.



ECO CLUB

Over the past term, eco club has been working hard to improve biodiversity, waste and sustainable travel in our college. These are the three eco schools topics which form the basis of our Green Flag application which we hope to achieve this year. Here are just some of the things we have been doing:

We have cleaned our college pond and recorded the diverse range of wildlife which lives there. We greatly enjoyed pond dipping with Molly from the Saving the Saffron Brook project and were surprised to find out that two species of newt live in the pond!

We have been setting up animal homes around the college site. This includes bat boxes, a hedgehog house and a duck house on the pond.

Working with the premises team we have been allocating paper recycling bins to each classroom. Tutor groups are now in charge of their bin and empty it into the main paper recycling bin. Thank you to all the tutor groups who are helping us to collect so much paper for recycling!

Our project with Sustrans has continued this term. We have been encouraging students to use low carbon methods to travel to and from college e.g walking and cycling. This will greatly help in reducing our college carbon footprint. Currently we are collecting data from students about changes in the travel method. It is showing that approximately 10% of students have switched to a low carbon method of travel this year instead of coming by car. Well done everyone!

As part of the project, we have been able to support students who cycle to college by giving out bike locks and lights. Many thanks to Sustrans for supporting us with this.

We hope to continue to make SJNGC an environmentally aware and active college. We love being able to play our part in saving the future of our world.

SJNGC Eco Club





**SIR JONATHAN NORTH
GIRLS' COLLEGE**
Lionheart Educational Trust

A Celebration
of Dance, Music,
Art & Drama.

Summer Arts Festival

Thursday
23rd June
The Atrium

Tickets on Beehive from Mon 15th May

£3.00 no concessions

7.00 - 8.30pm



ONLINE SAFETY—TIK TOK

KEEPING YOUR CHILD SAFE ONLINE—TIK TOK CHALLENGE

We would like to inform you that we have been made aware of some inappropriate use of social media by some students at the college. This has involved a Tik Tok challenge, which encourages students to upload photos or videos, without the individual's consent, and asking people to make inappropriate and hurtful comments.

If your child has been concerned by this latest Tik Tok craze, please report the incident to Tik Tok through their site but we strongly advise that you also send a link to the offending posts to the [UK Safer Internet Centre](#).

We would like to remind parents that there is an age limit of 13 for social media sites including Tik Tok and Instagram and WhatsApp is 16.

Please remind your child of the following points to ensure they are keeping safe online:

- ◆ **Be nice.** Mean behaviour is not OK. Treat others with respect, and never post hurtful or embarrassing messages.
- ◆ **Tell a trusted adult.** about any harassing or bullying messages that you receive or others may have posted.
- ◆ **Think twice before hitting "enter."** What you post can be used against you. For example, letting the world know that you're off on holiday or posting your home address gives would-be robbers a chance to strike. Also avoid posting specific locations of parties or events, as well as phone numbers.
- ◆ **Follow the "WWGS?" (What Would Grandma Say?) rule.** **DO NOT** share anything on social media that you wouldn't want your teachers, college admissions officers, future bosses — and yes, grandma — to see.
- ◆ **Use privacy settings.** Privacy settings are important. Make sure you understand each one. Passwords are there to protect you against things like identity theft. Treat them like a toothbrush and **NEVER** share them with anyone, even a boyfriend, girlfriend, or best friend.
- ◆ **Don't "friend" strangers.** "If you don't know them, don't friend them." This is a plain, simple — and safe — rule.
- ◆ **Don't re-post or share images of another person.** This is illegal. You do not have the right to someone else's data and cannot share their image or views without their consent.
- ◆ **Don't take an image of another person and edit it to make a Tik Tok video etc.** This is illegal. You do not have the right to someone else's data and cannot use their image without having their consent.

Thank you

Jacky Mason Safeguarding Lead



WhatsApp

WELLBEING ...

The Mix

Whether you want a quick chat or more focused help, the trained team at The Mix will be there to help.

Text THEMIX to 85258

or use one of their other helpline platforms.



Student Space

One-to-one support for whatever challenge you are facing, designed for students

Text STUDENT to 85258

or go to their website for information on webchat, phone and email support



Shout

If you are struggling to cope and need to talk, trained Shout Volunteers are here for you, day or night.

shout 85258
here for you 24/7

Shout 85258 is a free, confidential, anonymous text support service.

Muslim Youth Helpline

Faith and culturally sensitive support by phone, live chat, whatsapp or email

Call 0808 808 2008

7 days a week 4pm - 10pm



Samaritans

Whatever you're going through, you can call Samaritans at any time, from any phone for free. They will listen. They won't judge or tell you what to do.

Call free on 116 123.



Mermaids

Helpline and web chat service aimed at supporting transgender and gender-diverse young people up to and including the age of 19, their families and professionals working with them.


Call 0808 801 0400



SCHOOL NURSE

The school nurse service can still be contacted by text:

07520 615387



kooth

Kooth is a free online service offering emotional and mental health support for children and young people

www.kooth.com



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

LEARNING RESOURCES CENTRE...



COMING IN SUMMER - LOOK OUT FOR MORE INFORMATION!

Every Year we encourage our students to continue reading for pleasure in the summer vacation by participating in the Summer Reading Challenge offered through their local public libraries. The Reading Agency's annual Summer Reading Challenge for children will this year focus on science and innovation. In a partnership with the Science Museum Group, the 2022 challenge theme is "gadgeteers" and aims to inspire children to see the science and innovation behind everyday objects. The aim is to show that reading and science are for everyone. We know reading regularly help students to access curriculum across all subjects as well as help in their mental health wellbeing. So, we are excited about this year's theme 'Gadgeteers' arriving online and in the local library, featuring amazing books to read, rewards, and plenty of ideas for cool experiments and activities to discover the science around you from your local library. By completing the challenge of reading 6 books, a certificate is given; bring this certificate as proof to the school librarian in Autumn term to win a prize and 1 achievement point!



Leicester Neighbourhood Services (libraries and community centres)

Children, young people and adults are invited to submit a speech of up to 3 minutes on the question...

Who Am I?

Selected speeches will be given by invitation at a free public event at...

Leicester Central Library
Friday April 22
5.30 - 8.30 pm

For T&Cs and information on submitting a speech...

leicester.gov.uk/sld

Leicester Central Library
1 Bishop Street (Town Hall Square)
LE1 6AA
Tel: 0116 2995401



In April we reflected upon the legacy of a young man murdered in a racist attack when he was just 18 years old. Stephen Lawrence Day, Friday 22nd April 2022 on the theme of "Who Am I?" Celebrated his life, aspirations and dreams he had for his future which was cut short so sadly.

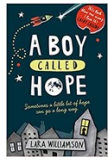
Thank you to the following students for their inspiring thoughts on this theme. They all received an achievement point, and a chocolate for their reflective Post-it on Who am I wall? Best post will be judged soon and will be in the last of the Summer newsletter.

Safiyyah, 7.1, Simran, 7.2, Sacdiya, 7.3, Dolcie, 7.3, Poppy, 7.4, Freda, 7.4, Sara, 7.4, Sydney, 7.4, Jezreel, 7.4, Shulamitte, 7.4, Jessica, 9.5, Faiza, 9.7, Lillie, 9.7, Hiba, 9.8, Nabiha, 9.9, Zaina, 9.9 and Jannat, 9.9.



LEARNING RESOURCES CENTRE...

June Focus is on Empathy. Having empathy is powerful, connecting us with humanity, inspiring social change. The Library is sharing this power through stories, using books to step into someone else's shoes. A Reading List.



AGE RANGE
11=12

I'm Dan Hope and deep inside my head I keep a list of things I want to come true. For example, I want my sister, Ninja Grace, to go to university at the North Pole and only come back once a year. I want to help Sherlock Holmes solve his most daring mystery yet. And if it could be a zombie mystery, all the more exciting. I want my dog to stop eating the planets and throwing them up on the carpet. And finally, the biggest dream of all, I want my dad to love me.



Set in a small island village, Sycamore Hill. Clara can't remember anything that happened during previous summer. Readers can immediately tell that everyone around her is concerned about this and her in general. Clara spends most time with her best friend Gaynah, playing games sometimes with the other island children, and learn that she used to surf, but she's now terrified of the water and won't even dip her toes in. But then, a new girl, Rudy, comes to their small village, where no one ever visits. As she tries to befriend Clara, a few secrets are revealed.



Maleeka suffers every day from taunts about her dark, black skin from other kids. When a new teacher, whose face is blotched with a white patch, starts at their school, Maleeka can see there is bound to be trouble for her too. But the new teacher's attitude surprises Maleeka. Miss Saunders loves the skin she's in. Can Maleeka learn to do the same?



AGE RANGE
13-14

I am restless, my feet need to fly. Amber is trapped - by her father's rules, by his expectations, by her own fears. Now she's ready to fight - for her mother, for her sister, for herself. Freedom always comes at a price.



Bonnie. Never Mum or Mummy or Mother. Just Bonnie... When it comes to flying under the radar, Ro Snow is an expert. No friends. No boys. No parties. And strictly NO VISITORS. It may be lonely, but at least this way the truth remains where it should - hidden. Then Tanvi Shah, the girl who almost died, comes tumbling back into her life, and Ro finds herself losing control of her carefully constructed lies. But if Ro's walls come crumbling down, who's going to take care of Bonnie.



Can two broken boys find their perfect home? A heart-breaking and heartwarming, powerful story. Sam is only fifteen but he and his autistic older brother, Avery, have been abandoned by every relative he's ever known. Now Sam's trying to build a new life for them. He survives by breaking into empty houses when their owners are away, until one day he's caught out when a family returns home. To his amazement this large, chaotic family takes him under their wing - each teenager assuming Sam is a friend of another sibling. Sam finds himself inextricably caught up in their life, and falling for the beautiful Moxie. But Sam has a secret, and his past is about to catch up with him.



AGE RANGE
15-16

Willowdean Dickson (dubbed "Dumplin" by her former beauty queen mom) has always been at home in her own skin. Her thoughts on having the ultimate bikini body? Put a bikini on your body. With her all-American best friend, Ellen, by her side, things have always worked ... until Will takes a job at Harpy's, the local fast-food joint.



The dramas, the traumas, the rumours - it's time to expose it all... Working on the school newspaper, Paige is used to dealing with fake stories. How popular girl Grace is a such an amazing person (lie). How Laura steals people's boyfriends (lie). How her own family are so perfect (lie). Now Grace and friends have picked their "best" high-school moments for Paige to put in the all-important Yearbook. And they're not just fake. They're poison.



A book about institutional Racism. Devon Richards and Chiamaka Adebayo are the only two Black students at Niveus Private Academy. Soon, Chiamaka and Devon learn that 'Aces' is not a single entity but a large swathe of the student body, working to destroy the lives of Black students.

TERM DATES...

Academic Year 2021 – 2022 Term Dates

Summer Term 2022	
School Closes	Friday 27 May 2022
Half Term	Monday 30 May – Friday 3 June 2022
School Opens	Monday 6 June 2022
College Closes	Wednesday 13 July 2022
Holiday starts	Thursday 14 July 2022

Academic Year 2022 – 2023 Term Dates

Autumn Term 2022	
Training Days	Friday 26 August and Tuesday 30 August 2022
Bank Holiday	Monday 29 August 2022
College Opens	Wednesday 31 August 2022
Half Term	Monday 17 October to Friday 21 October 2022
College Closes	Friday 16 December 2022

Spring Term 2023	
Bank Holiday	Monday 2 January 2023
Training Day	Tuesday 3 January 2023
College Opens	Wednesday 4 January 2023
Half Term	Monday 20 February to Friday 24 February 2023
College Closes	Friday 31 March 2023

Summer Term 2023	
College Opens	Monday 17 April 2023
May Day	Monday 1 May 2023
Half Term	Monday 29 May to Friday 2 June 2023
School Opens	Monday 5 June 2023
College Closes	Friday 14 July 2023
Holiday starts	Monday 17 July 2023



KNIGHTON TENNIS CENTRE...

SUMMER CAMP

AT KNIGHTON TENNIS CENTRE



Tennis



Football



Cricket



Dodgeball



Dance



Table Tennis



Basketball



Rounders

Fun sports activities for boys and girls aged 6 - 11 years old.
Staff are First Aid trained and have full DBS checks.
£150 for a full week or £40 per day. Sibling discount offered. Payment to be made via bank transfer.

Contact **Greg Goddard** to register your interest.

DATES
25th - 29th July
1st - 5th August
8th - 12th August
15th - 19th August

TIMES
8:00am - 3:00pm

Knighton Tennis Centre, Sir Jonathan North Girls' College, Knighton Lane East, Leicester LE2 6FU

greg.goddard@sirjonathannorth.org.uk

0116 2708 696 [lionheartvenues](https://www.facebook.com/lionheartvenues)



SIR JONATHAN NORTH GIRLS' COLLEGE
Leicestershire Educational Trust

*Summer camp will only run with viable numbers



LEGS, BUMS & TUMS

LEGS, BUMS & TUMS TUESDAYS 18:00 - 19:00

THIS CLASS IS A COMPLETE LOWER BODY WORKOUT DESIGNED TO TIGHTEN AND TONE THOSE PROBLEM AREAS IN A RELAXED AND FRIENDLY ENVIRONMENT. SUITABLE FOR AGES & ABILITIES.



LEGS, BUMS & TUMS

TUESDAYS 18:00 - 19:00

£6.00 PER SESSION

RELAXED & FRIENDLY ENVIRONMENT

SUITABLE FOR ALL AGES & ABILITIES

KNIGHTON TENNIS CENTRE

Sir Jonathan North College
Knighton Lane East
Leicester. LE2 6FU

Tel: 0116 2708 696



CIRCUIT CLASS

TUESDAYS 17:00 - 18:00

£6.00 PER SESSION

RELAXED & FRIENDLY ENVIRONMENT

SUITABLE FOR ALL AGES & ABILITIES

CIRCUIT CLASS TUESDAYS 17:00 - 18:00

THIS CLASS IS A FANTASTIC ALL OVER BODY WORKOUT FOCUSING ON A MIXTURE OF ENDURANCE AND CONDITIONING TRAINING. A GREAT CLASS FOR EVERYONE, REGARDLESS OF YOUR FITNESS LEVEL



KNIGHTON TENNIS CENTRE

Sir Jonathan North College
Knighton Lane East
Leicester. LE2 6FU

Tel: 2708 696