



Thursday 13th November 2025

Dear Parents,

Re: Exciting New Extra-Curricular Activities Starting Next Week!

We are delighted to announce that our **Extra-Curricular Activities** will begin next week!

This term we are introducing two new activities to our programme:

- **The Triathlete Factory** offering exciting **Running** and **Biking Programs** designed to help children build fitness, confidence, and perseverance in a fun, supportive environment. **This club will accommodate children from FS1 to Year 6**
- **Mindfulness Stretching** – encouraging children to relax, focus, and strengthen their bodies through gentle movement and breathing. **This club will accommodate children from FS1 to Year 6**
- **Taekwondo Lessons (starting 16th November)**– promoting discipline, self-control, and physical coordination while learning the basics of martial arts. This club is for children aged 6 to 10 years old.

The club will run as follows:

The Triathlete Factory: (Starting date TBC, based on signups)

- Sunday (running program): Ages 4-7 years, 8-11 years and 12-15 years **(30bd per month)**
- Tuesday (running program): 4-7 years and 8-11 years **(30bd per month);**
- Thursday (bike program): 4-7 years, 8-11 years **(30bd per month)- children must bring their own bike or can rent one from the coaches.**

Mindfulness Stretching (Starting date TBC, based on signups)

- FS1, FS2, Y1&2 Tuesday: 12.30 - 1.15 pm **(28bd for the remainder of the term)**
- Years 3 – 6 Monday: 2.40 - 3.25 pm **(28bd for the remainder of the term)**

Taekwondo (Starting date TBC, based on signups)

- Every Monday and Wednesday 3-4pm (6-10 years old) **(45bd per month)**

Kindly fill in the **registration forms** to indicate your child's interest:

[The Triathlete Factory \(FS1 to Year 6\) – Fill out form](#)
[Mindfulness Stretching \(FS1 to Year 6\) – Fill out form](#)
[Taekwondo Lessons \(6-10 years old\) – Fill out form](#)



Payments can be made **in person to our school cashier** or **online:**

<https://capitalschool.net/en/qpay>

We look forward to seeing our pupils explore these wonderful new opportunities and stay active, confident, and engaged!

Warm regards,

Sian Thorne