

Dear Parents,

We will be conducting our school-wide Sport Performance and Wellness Fitness Testing next week. This is the second test out of two and will be used to track the progress of the health, wellness and fitness of the boys from term one to now.

The testing will be done at school during the day by the Pre-prep, Prep and College strength & conditioning team. Boys are to arrive in their sports kit on the day their grade will be testing.

Please ensure that boys are present at school next week, it is important that we have this data to manage the health and wellness of the boys.

Grade Testing Days:

Tuesday 10th - Grade 4

Wednesday 11th - Grade 5 & 6

Thursday 12th - Grade 3

Friday 12th - Grade 7

If there are any questions/concerns, please do not hesitate to make contact.

Kind regards,

Jamie Southgate

Bishops Prep Sports Coordinator