



ST. JOSEPH'S SECONDARY SCHOOL

PROUD OF OUR PAST, CONFIDENT OF OUR FUTURE

Principal **Paul Savage** | Deputy Principal **Patrick Traynor** | Deputy Principal **Jennifer Kelly**

3rd Year Couch to 5K

Dear Parent/Guardian,

3rd years will be receiving 5 weeks of running lessons while doing a couch to 5K as part of their Wellbeing program. The lessons will be at the Drogheda & District running track and they will be taught by PE teacher Mr McCarron. The students will be brought to the track by bus and back to the school afterwards. The cost of the lessons is €25 and can be paid online on way2pay. Running is a wonderful physical activity and is an important part of your son's Wellbeing program, promoting both physical and mental health. He will need to have the following items with him;

- Shorts
- Runners
- Towel

Kind Regards

Paul Savage

Principal