INFORMATION FOR PARENTS AND CARERS

TRAIN. TALK. GROW.

A free afternoon session at Legacy HQ, Burnley

Your child's school has booked them a place at Train. Talk. Grow., a free afternoon session at Legacy HQ in Burnley. Here is what to expect.

WHEN	WHERE	WHO	COST
1:00 – 2:30pm	**Legacy HQ**	**Up to 6 pupils**	**Free**
On a Monday. Your child's school will tell you the date.	Thorneybank Mill, Trafalgar Street, Burnley BB11 1TQ	A small group from your child's school.	There is nothing to pay.

WHAT HAPPENS

TRAIN

A coached gym session set to your child's level. No experience is needed and nobody is pushed beyond what they can do.

TALK

A relaxed small-group conversation with Legacy staff about confidence, choices and goals.

GROW

Building the qualities at the heart of Legacy: resilience, purpose, humility and leadership.

WHAT TO BRING

- Comfortable sports clothes and trainers
- A water bottle
- Any medication they need, such as an inhaler

GETTING THERE

Your child's school arranges travel to and from Legacy and will give you the details.

KEEPING YOUR CHILD SAFE

- Legacy staff run and supervise the session throughout.
- All our staff are DBS-checked and trained in safeguarding.
- Our Designated Safeguarding Lead is Mikaela Lee, Head of School.
- Tell us about any medical or additional needs on the consent form, so we can plan for them.

BEFORE THE SESSION

Please fill in the **consent form** and return it to your child's school. Your child can't take part without it.

QUESTIONS?

Ask your child's school, or contact Legacy: **m.lee@legacy-hq.com** · **01282 942394**

About Legacy. Legacy HQ is a gym and alternative education provision in Burnley. Our ethos is simple: character above all else.