

HENDON SCHOOL

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'Learning Together Across the World'

7th October 2026

Dear Parent/Carer,

Year 10 Girls – Sweaty Betty Foundation Workshop

We are delighted to be able to offer **25–30 Year 10 girls** the opportunity to take part in a special 90-minute workshop delivered in partnership with **Causeway Education and the Sweaty Betty Foundation**.

The workshop is designed specifically for teenage girls and explores physical activity in a different way. Rather than focusing simply on sport, fitness or physical health, the session will look at how being physically active can support **mental wellbeing** and help young women develop important skills such as **confidence, resilience and communication** – skills that can support them through their GCSEs and into future education and careers.

The session will be co-delivered by a **female volunteer role model from the world of work**. The role models are not professional athletes; instead, they are women from a range of careers who can share their own experiences of education, work and physical activity. Students will have the opportunity to hear about their career journey, the skills they use in their role and how staying active has supported them personally and professionally.

The workshop is interactive and will include quizzes, activities, discussion and reflection. Towards the end of the session, students will also be encouraged to set themselves a personal **4–6 week physical activity pledge**, choosing something realistic and meaningful to them.

As part of the programme, students who commit to and engage with their pledge will also have the opportunity to take part in a follow-up session. During this session, the girls will have a say in **how a £500 budget is spent to support physical activity for girls at Hendon School**. This gives students the opportunity not only to think about their own relationship with physical activity, but also to have a genuine voice in shaping future opportunities for girls within our school.

Workshop details:

Date: Tuesday 3rd November 2026

Time: 2:00–3:30pm

Location: Hendon School

Places available: 25–30 Year 10 girls

This opportunity is **open to all girls in Year 10**. Students do not need to play sport, attend a club or consider themselves particularly active to take part. In fact, the workshop is intended to help girls think more broadly about what physical activity can look like and how it can benefit them beyond physical fitness.

As places are limited, students who would like to take part will need to **sign up to express their interest**. If we receive more expressions of interest than available places, we will confirm with students who have secured a place. Please use the following link to sign up: [More than Sport – Fill in form](#)

We hope this will be an enjoyable and valuable opportunity for our Year 10 girls at an important stage of their education.

Kind regards,

Yours faithfully

K Downing

Miss K Downing
Assistant Headteacher / Head of Physical Education