

# Wake and Shake

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## **Fun and games to start the day! For reception, Year 1 and 2 with Melissa Buckton**

### **What we do...**

What better way to start the school day than with some fun exercise! Come and have fun at the Wake and Shake club - start off with 10 minutes exercise to music then spend time playing educational games, musical statues and a whole lot more.

### **When and where?**

Weds 8.00am until 8.50am, commencing Weds 5<sup>th</sup> September until Weds 19<sup>th</sup> December in the dance studio at Coleridge East. Parents drop off at 8am and Melissa will take them to their classrooms after the club. Note we will take into account staggered starts for new reception children.

### **What's the cost?**

Cost is £8 per child per session, total £120 (15 sessions).

### **To sign up...**

The class is open to reception and years 1 and 2 and places are limited to 15 on a first-come basis so if you'd like to take part please email Melissa on [melissabuckton@gmail.com](mailto:melissabuckton@gmail.com) to reserve a space.

### **More info for parents...**

A Coleridge parent herself, Melissa is a professional dance teacher with 20 years experience, both at Hornsey School for Girls and making guest appearances at Coleridge for Christmas shows. She also runs popular clubs for Lego and dance in which pupils are invited to have fun, be creative and develop their literacy skills.