








11th October, 2022

03/22-23

Dear parents and carers,

I am sending this letter with regards to the use of the Gym machines for this scholastic year 2022-2023. Therefore I kindly request your approval in order to let your child use any of the machines listed below. Every machine can help your child in different ways and your feedback will help us identify which machine is best. You may tick more than one machine. We also remind you to send your child in **running shoes** and **adequate physical exercise clothing** on the day he/she has PE.

<p>Treadmill – <input type="checkbox"/></p> 	<p>Cycling Machine – <input type="checkbox"/></p> 	<p>Crosstrainer – <input type="checkbox"/></p> 	<p>Weight Lifting – <input type="checkbox"/></p> 
<p>Rowing Machine – <input type="checkbox"/></p> 	<p>Stepper – <input type="checkbox"/></p> 	<p>AB Horse – <input type="checkbox"/></p> 	

**Please send completed form by Friday 14th October, 2022**

Student's Name \_\_\_\_\_

Name and signature of parent/guardian

\_\_\_\_\_








Nicholas Agius  
Kap tal-Iskola

11 ta' Ottubru, 2022

03/22-23

Gheżież ġenituri/kustodji,

Qed nibgħat din l-ittra dwar l-użu tal-magni tal-Gym fejn hawn qed nitlobkom l-approvazzjoni tagħkom dwar liema magni intom tixtiequ li t-tifel/tifla tagħkom juża/tuża fil-Gym f'din is-sena skolastika 2022-2023. Kull magna li jużaw hija ta' ġid għal uliedkom iżda intom tistgħu tgħinuna iżjed jekk tgħidulna liema tħossu li hu l-aħjar għal ibnek/bintek. Tistgħu timmarkaw iżjed minn kaxxa waħda. Infakkrukombiex tibagħtu lit-tifel/tifla tagħkom b'*running shoes* u *ħwejjeġ addattati għall-eżercizzju sportiv* fil-ġurnata li jkollhom il-PE.

<p><b>Treadmill –</b> <input type="checkbox"/></p> 	<p><b>Cycling Machine –</b> <input type="checkbox"/></p> 	<p><b>Crosstrainer–</b> <input type="checkbox"/></p> 	<p><b>Weight Lifting–</b> <input type="checkbox"/></p> 
<p><b>Rowing Machine –</b> <input type="checkbox"/></p> 	<p><b>Stepper –</b> <input type="checkbox"/></p> 	<p><b>AB Horse –</b> <input type="checkbox"/></p> 	

**Jekk jogħġobkom ibagħtu l-formola kompluta sa nhar il-Ġimgħa 14ta' Ottubru 2022**

Isem l-istudent/a \_\_\_\_\_

Isem u firma tal-ġenitur/kustodju

Nicholas Agius  
Head of School



**Maria Regina College**  
Creative, Innovative, Professional

**Maria Regina College**  
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