

21/10/2019

Dear Parents,

Urban Strides

Students in Years 7-11 were lucky enough to have two great assemblies recently, presented by Christina from Urban Strides. The assemblies were about taking positive action and achieving dreams. She instilled a belief in them that no matter what path they choose to take, they can achieve it, as long as they take that first step in the right direction.

Urban Strides are the UK leaders in street dance education, have been seen on 36 TV channels, performed on over 300 arena stages, were the first ever street dance crew to open the Royal Variety show for Her Majesty, the Queen, and their dancers have performed with Sean Paul, Dizzee Rascal, Clean Bandit and that's only a few. In addition to performance crews, they have classes for all ages and abilities.

The class for your child's age group is:

Thursdays 6.15-7.15pm at Royal Grammar School High Wycombe.

If you would like to reserve a place, you can [BOOK HERE](#), or email classes@urbanstrides.com.

You can also check out a [video of some classes here](#): or follow on social media at @urbanstrides to stay up to date with what's going on.

Regular exercise is proven to boost academic performance and we encourage all our students to take part in sport or clubs inside school or in their own time to keep both physically and mentally fit.

Kind regards

Andrew Zair