

Holy Family RC Primary School



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Monday 16th April, 2018

Monday Mile & The Holy Family School Fun Run

Dear Parents

As you might have seen on the PE newsletter, during the summer term to help children become more active during school time and help stimulate their learning for the rest of the day, we are introducing a Monday mile which will take place after morning registration.

Monday Mile - How it will work

Children in KS2 are welcome to arrive in school in their PE Kit including trainers, otherwise they will need to change into their PE Kit and trainers upon arrival. KS1 and Reception children can complete the run in their uniform, but do require trainers as they will be running on the school field. Children will change back into their school uniform after completing their run before continuing with the normal school day.

The Children will be given 15 minutes to complete as many laps of the field as possible - approximately 9 laps is equivalent to 1 mile. If your child would like their "mile" timing, this option will be available to give children their own personal challenge to try and improve on their best time.

The Monday mile will start on Monday 23rd April, 2018 - weather permitting.

All Run for Fun

As a school we have been asked to take part in the ALL RUN FOR FUN event which is taking part across Darlington on **Wednesday 18th April, 2018**. Schools in Darlington will take part in a fun run on the same day/time with an aim to get staff and children active together. This will be good practice for our Monday mile and also an opportunity for our first House competition.

The run will not be timed however house points will be awarded to the top 10 places in each class (1st 10 points, 2nd 9 points, 3rd 8 points etc) for both girls and boys and one house will be crowned the winner in our celebration assembly on Friday.

Can we also take this opportunity to remind all children that PE kit needs to be in school each week for their lessons.

Yours sincerely

Mrs J Wilson
Head Teacher

"encourage all children to see Christ in themselves and others in a caring environment"

