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**Junior Parkrun Trip-Sunday September 23rd House Challenge!**

Dear Parents,

Junior parkrun is a series of 2k runs for children aged between 4 and 14. They are held in areas of open space around the UK. They are open to all, free, and are safe and easy to take part in. We are so lucky to have one at Hanworth Air Park Leisure Centre & Library, Uxbridge Road, Hanworth, Feltham, Middlesex, TW13 5EG.

We had a great start in June and now want to get going again so this is part of the house challenge for autumn and not only gets you fit with your family, but collects points for your house too!

The event takes place every **Sunday at 9am**.

We are running a trip to the event on the 23rd September and you have three options:

 1) Meet us at the entrance to the Junior carpark at 8.15am on the 23rd September with your child to walk to Hanworth

 2) Meet us at the event- details above.

 3) For years 5 and 6, children can make their own way to the school car park and we will take them to the event and then drop them back at school for 10.10. Years 3 and 4 will need an adult with them.

The only thing we need from you is for you to register your child for the event. It is free and requires just an e-mail address. When you are registered then your child will have a barcode to print off. This is scanned at the end of each race and allows you to look at their results and track progress. Website: [www.parkrun.org.uk/hanworth-juniors](http://www.parkrun.org.uk/hanworth-juniors), further details can be found on this website too.

Please complete the form below and return to school.

*When: Sunday*  23rd September

*Where and time: meet at school for 8.15 or at the event for 8.50*

*Who: open to all children, years 5 and 6 can come on their own with permission*

*Why: The best way to promote a healthy lifestyle for your child*

*What will I need: Your child will need running clothes (you’re welcome to run with them), any regular medication (ie inhalers), water bottle, wet weather clothes if needed and your* ***BARCODE****.*

*What time will we be finished: We will be back at school for 10.00am*

Mr Colenso Mrs. Mullen

Deputy Headteacher Head of Houses

**PARK RUN**

Child’s Name ……………………………………………………………………….Class ……………………………..

Please delete as appropriate:

1. My child will be attending the run with a parent/ guardian and will meet at the junior school car park for 8.15am on Sunday the 23rd September (yrs 3 and 4)
2. My child will be attending the run with a parent/ guardian and will meet at the start line in Hanworth for 8.50 on Sunday the 23rd September (yrs 3 and 4)
3. My child is in year 5 or 6 and will come alone to the run. They will meet at the junior carpark for 8.15am and make their way home from the school carpark at 10.00am .
4. My child is in year 5 or 6 and will come alone to the run. They will meet at the junior carpark for 8.15am, and will be collected at 10.00am.