



13th September 2022

Key Stage 2 Cross Country Club

Dear Parents/Carers

I am pleased to announce that we are restarting a Cross Country Club. The club will take place after school on Mondays between 3.30pm and 4.30pm. The first session will be on 26th September. The club will run for 8 weeks with the last club on Monday 21st November. If interest is high, the Club may reconvene again later in the year in Spring Term 2, once evening light and weather improves again.

As part of the club we will take the children off the school grounds to train. We will walk to Houghton Hall Park before we run in groups around the fields and pathways. The children will be accompanied at all times by numerous school staff who have volunteered to run with the group. Whether the children are new to running or have been before, the children will need to show dedication and commitment to this club and will be expected to increase their stamina as the weeks go on and to be able to jog or run (after a little while) for 10 minutes without stopping. Whether your child wants to run for fun, improve their stamina, or be entered into future competitive races they will be welcome at the club.

In terms of clothing, they will be running cross country so will preferably need old trainers and outdoor clothing for winter training. This should be different from their PE kits, and be warm enough for adverse and cold weather. Weather wise, if the weather is drizzly, and we don't want to go out of school grounds, we could train within school grounds on the playground and running track. If the weather is too adverse and potentially dangerous, then the club will be cancelled and you will be notified at the latest time of 12pm on the day.

If your child would like to join our Cross Country club, please complete the slip below. Please could all reply slips be returned to the school office by Wednesday 21st September.

If any parents are keen runners and would like to support our club and join us on our run, please speak with Mr Roderick.

Kind Regards

Mr Roderick (PE and KS2 Lead)

Key Stage 2 Cross Country Club

I, the parent/guardian of (child's name)..... give permission for my child to attend the Key Stage 2 Cross Country Club each Monday for 8 weeks, commencing 26th September and concluding 21st November. I will collect my child / my Year 5/6 child may walk home, at approximately 4:30pm.

Signed _____

Date _____