**Congratulations and a big THANK YOU to Teddy H from Year 4 and Gracie D from Year 6 who completed the children’s Park Run last weekend and raised a fantastic amount in sponsorship for our school!**

**A green hills with trees and yellow flowers

AI-generated content may be incorrect.Sponsored Park Run**

Our Sports Ambassadors are helping to promote the Government’s initiative of **60 Active Minutes Daily**, throughout our school. As part of this, we are hoping that parents/guardians/teachers will support this initiative outside of school, by encouraging them and their child/ren to participate in the local Parkrun event.

What is the Parkrun?

Parkrun is a **worldwide health and fitness movement** where participants run, walk or jog five kilometres on a Saturday morning. If you register online, you are given a barcode, which enables you to get a personal time for each event. It is suitable for all ages and levels of ability – and more importantly IT IS FREE!

The 5K Parkrun on a Saturday morning must be run with a parent/guardian. Or if that is too long - the children’s 2K run is on a Sunday morning. If you find it difficult to run long distances, you can always complete a Parkwalk instead. Local event: St Helens Parkrun – **The Bandstand, Victoria Park**, City Rd, St Helens, WA10 2EH. **CANCELLED ON SATURDAY, 21ST – SO PLEASE REGISTER AND VISIT THE PARK ON 14TH OR 28TH JUNE or any Saturday in July. R*egister online for further details***.

The June 5K or 2K Parkrun Challenge: If you want to enter the 5K or 2K Challenge – please ask your Sports Ambassadors for a Sponsorship Form. As well as keeping fit, we also want to raise money for our school.

REMEMBER TO AIM FOR AT LEAST 60 ACTIVE MINUTES EVERY DAY!

**A silver medal with text and numbers

AI-generated content may be incorrect.**