

## Running Club

Dear All

Running club will start again on Monday, 13 January 2020.

Running club is an inclusive club. We encourage pupils to compete against *themselves*. Emphasis is on improvement, so that runners of all standards can be competitive. We aim to teach the pupils *how* to run, so that they can improve their technique and, therefore, their own personal bests. Hopefully there will be a few cross-country races in which they will be able to take part, if they wish to do so.

### Run Club Timings

- Please get changed into running/PE kit as soon as school finishes
- Meet in the School Hall, with a drink and jumper, and your bags for home, ready to leave before 3.30pm
- We will return to school to collect bags, etc, from the Hall, for children to be collected at 4.30pm. *Please note that from 4 November, until notified, the collection time will be 4.15pm due to the darker evenings..*
- Please remember to send your child's PE kit back to school with them the following day. (Please also check when you collect them that they have their school shoes, uniform, etc.)

Best regards  
George Dunlop

### PLEASE COMPLETE AND BRING THE SLIP BELOW TO THE FIRST SESSION



#### RUNNING CLUB

Child's/children's name/names ..... school year(s).....

Parent's name.....Home phone.....

Mobile..... Email.....

Details of any relevant medical conditions, use of inhaler, etc.....

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We sometimes have food items as running aids or rewards (typically Pringles, Haribo, biscuits)

Does your child have any food allergies/requirements?

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Please provide the names of those permitted to collect your child from running club

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Is your child allowed to walk home alone? (Please circle)    Yes    /    No