



# BISHOP CHALLONER CATHOLIC COLLEGE

Dear Parent/Guardian,

8<sup>th</sup> October 2018

As you are hopefully aware we are having a focus of Health and Well-being at Bishop Challoner this year. As part of this initiative the PE Department will be organising events with the aim of inspiring our students to be active and healthy.

On Monday 15<sup>th</sup> October all of Year 8 will be completing a park run/walk at Kings Heath Park during periods one and two. All students will be challenged to continuously walk/run a circuit of the park as many times as possible in approximately twenty minutes. Students will be supervised by staff throughout the event inclusive of walking to the park. On the day students are asked to arrive to school in their full PE kit. They must pack their school uniform and books for the rest of the day. Students are also advised to bring a warm coat and a water bottle.

There is no charge for the event. To give consent for your son/daughter to take part in this event please give consent on Schoolcomms.

We would like to make you aware of other similar events that you and your family may wish to be involved in. Across the country there is a free 5K Parkrun initiative with runs held every Saturday morning at local parks inclusive of Canon Hill Park and Brueton Park. More information can be found at [www.parkrun.org.uk](http://www.parkrun.org.uk). There is also Bud's Run on Sunday 21<sup>st</sup> October, a Charity run held each year at Birmingham University in aid of former GB Coach Bud Baldaro. More information can be found at [www.budsrn.co.uk](http://www.budsrn.co.uk).

If you have any questions please do not hesitate to contact us.

Kind Regards,

Mr N Moon

Head of PE

Miss R Hampson

Head of Year 8

Principal - Mr K.McEvoy

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