



LITTLE ILFORD SCHOOL

COURAGE • COMMITMENT • COMPASSION

Rectory Road, London, E126JB

Tel. 020 8478 8024 | info@littleilford.org | www.littleilford.newham.sch.uk

Twitter: @littleilfordsch | Instagram: @littleilfordschool | Facebook: @OfficialLittleIlfordSchool

Headteacher:
Andrew Finn

15th January 2026

Dear Parents and Carers,

Re: Healthy Schools Week - 26th -30th January

As part of Healthy Schools Week, we would like to encourage our students and their families to take part in the **Wanstead Parkrun**, a free, weekly 5km community event that takes place every Saturday.

Date: Saturday 31st January 2026

Meet at: Wanstead Flats Playing Fields, Harrow Road, London E11 3QA

Time: 9.00am (First timers briefing takes place at 8.50am)

Parkrun is open to everyone, regardless of age or fitness level. Families can walk, jog, run, spectate or just take part at their own pace, making it a wonderful opportunity to enjoy being active together in a relaxed and supportive environment.

Taking part in Parkrun offers many benefits for children and adults alike:

- Supports healthy habits that can last a lifetime
- Helps children develop confidence and positive social and registerskills
- Boosts mood and reduces stress and anxiety
- Supports positive mental health and emotional resilience
- Encourages a sense of achievement and self-belief

Parkrun is fully inclusive, welcoming buggies, walkers, and participants of all abilities.

Children are welcome to take part with a parent or carer, and there is no pressure to run or finish in a certain time, the emphasis is on participation and enjoyment. It is free to enter but you must register before you first attend.

Although this particular event is not organised by Little Ilford School, we hope that many of our families will consider joining Wanstead Parkrun during Healthy Schools Week and beyond, as a fun way to support healthy, active lifestyles together.

For more information and to register please see

<https://www.parkrun.org.uk/wansteadflats/>

Thank you for your continued support.

Yours faithfully

Ms Thomas / Healthy Schools Coordinator



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Below shows the meeting point and the planned course.

Course Description: way-marked course spans Harrow Road and Bush Wood, comprising two laps of 2.5km.

