



Dear Parents, Carers and Students,

We are excited to announce we have signed up to become a junior parkrun school! In assembly I spoke to the children about our local Long Eaton junior parkrun, the benefits in taking part and got everyone involved in some fun practical activities (even the teachers).

junior parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. junior parkrun is 2k, dedicated to 4-14 year olds and their families and friends of all ages, every Sunday morning at 9.00 with a really fun warm up starting at 8.55. junior parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along!

Excitingly, we are encouraging all students, teachers and families connected to Banks Road to come along together to Long Eaton junior parkrun on Sunday 17th May. It will be an amazing experience to walk, jog, run or volunteer with so many friends at junior parkrun. Please note that children MUST be accompanied by an adult.

You can register for parkrun for free here - www.parkrun.org.uk/register/ or scan the QR code below.

Here are details of the event:

- Address: West Park Leisure Centre, Wilsthorpe Road, Long Eaton, NG10 4AA
- Every Sunday, at 9.00, arrive at 8.55 for the fun warm up.
- <https://www.parkrun.org.uk/longeaton-juniors/>
- If you are interested in volunteering, please email the event team on longeatonjuniors@parkrun.com, it is great fun and a lovely way to meet new people.



If you can't attend this week, junior parkrun happens every Sunday so you can come any Sunday you are available.

We hope to see as many of you as possible on Sunday.

Thanks

Mrs Davies

