



St Joseph's Catholic Primary School

Diocese of Clifton

Faith, Hope, Love
Ite ad Joseph

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Head Teacher: Mrs Wendy D'Arcy

18th April 2018

Dear Parent/Carer

Following the success last year of the Glos Old Spot Trail daily mile where, as a school, we ran a total of 3136 miles; we want to build on this and are taking part in two running challenges during the summer term.

The first challenge is to complete the Old Spot Trail, Top to Tail. Each class will be given a goal of running from John O'Groats to Lands End. The miles run by each child every week, will be totalled up and added to their own class total and marked on their individual class map of Great Britain. They can see their targets and achievements and encourage each other to enable their class to reach Lands End first.

Our second challenge will see your child join thousands of other children taking part in 2018 Marathon Challenge organised by The School Run (www.ukschoolrun.com). Promoting physical activity is currently high on the government's agenda given the increasing rates of obesity amongst our younger population. Last September, the much publicised sugar tax started to provide schools with a £415 million levy to invest further in school sport and increase levels physical activity and promote healthy lifestyles. At St Joseph's we recognise the importance of promoting regular physical activity and so have decided to embrace this exciting marathon challenge.

The aim of the challenge is simple - run a total of 26.219 miles throughout the summer term. This will of course not be in one go, but instead spread out across the term by running their daily mile and taking part in the top to tail challenge. As your child progresses through the challenge, they will receive motivational stickers when they achieve certain landmarks. Finally, when the marathon is completed, they will be presented with a medal as recognition of their amazing achievement. They will then be able to confidently say to their friends and family that they have 'run a marathon.'

We hope that you will encourage and support your child throughout these challenges and recognise their achievements throughout the term.

Yours sincerely

Mrs Rachel Barron

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