



St. John's CE Primary School

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Monday 14th July - St John's Colour Run 2025 with Bee Active

Dear Parents / Carers

We would like to share that we will be running our first ever school **Colour Run** on **Monday 14th July** to celebrate what has been a fantastic year of sport for St John's! Working with our friends from Bee Active, every child in our school is invited to participate in a fun obstacle course run complete with a colour-tastic paint explosion!

The children will run in their year groups so they'll all have the opportunity to complete the course in their friendship groups creating great memories with their friends. Parents can purchase a sachet of paint for their child at a cost of £2.00. The paint is non-toxic and washable.

Should you wish your child to have a sachet, please send £2.00 cash into school by Friday 11th July. We will be unable to provide paint for your child if this date is missed.



To make the most of this incredible experience, it's a good idea to bring a **change of clothes**. Choose some old clothes that you don't mind getting covered in colour run powder.

It is also advised to bring along a **pair of sun glasses** (some children may prefer goggles), a mask (if required) and a **hat / suncream** if it is a sunny day – **essential information regarding this event is overleaf.**

Our EYFS children will be last to participate so will still be in their colour run clothing for collection. Whilst we have been assured that the paint is fully washable, it may be wise to bring along a towel for your child to sit on during the car journey home.

We hope that you are just as excited as we are for our children to be able to take on this experience. Please provide consent for your child to participate.

Many thanks
Mr S. Redfern
School P.E. & Sport Lead

St John's Colour Run 2025 – Parental Consent

Child's name _____ Class _____

I give permission for the above-named child to participate in the Colour Run on Mon 14th July.

I would like to buy a packet of coloured powder for use at the run. Yes / No (Please circle)

MONEY MUST BE ENCLOSED WITH THIS REPLY AND WITH THE OFFICE BY FRI 11TH JULY 2025

Signed _____
(Parent / person with parental permissions)

Date _____



SHINE like the star you are.



Colour Run FAQ's

What is a colour run?

A colour run is a unique and vibrant obstacle running event where participants are showered with coloured powder at the beginning and various stations along the route, creating a fun and colourful experience.

What is the paint and how does the colour throwing work during the run?

The powder paint is typically a colourful powdered substance made from cornstarch which is food safe. Participants gather in the start pen and join in an exciting countdown from 10 to 0 before tossing the powder in the air at the start of the event, creating a kaleidoscope of colours. Once covered participants leave the pen and embark on an obstacle adventure around the designated course. Participants are reminded to never pour or tip their paint powder directly onto other participants and to refrain from throwing it directly towards people's faces.

Is the coloured powder safe?

Yes, the coloured powder used in colour runs is safe and non-toxic. It's made from natural ingredients, such as cornstarch and food-grade dyes. However, participants with respiratory issues or allergies are advised to take precautions – see below.

What should I wear for a colour run?

Wear white or light-coloured clothing to maximise the effect of the colours / or old clothing. Additionally, consider wearing sunglasses or goggles to protect your eyes from the powder. Many participants also choose to wear bandanas or hats, too.

Is the colour easily washable from clothing and skin?

Yes, the colour is washable from most fabrics and skin. It is recommended to shake off excess powder before attempting to wipe or wash it off. Washing the clothing soon after the event is advised. The colour powder may leave a residual stain in some items of clothing and it is advised that participants wear items of clothing that they do not mind if they get marked.

What happens if my child gets paint in their eyes or mouth?

They will be reminded to remain calm, make their way to the first aider who will use water to wash out their eyes or swill out their mouth.

What precautions should participants with respiratory issues or allergies take?

Participants with respiratory issues or allergies should take precautions, such as wearing a mask or bandana, to minimize exposure to the coloured powder.

What footwear is recommended for the colour run?

Wear comfortable, closed-toe shoes with good traction. This is especially important to avoid slipping, especially if the course involves various surfaces. Choose shoes that you don't mind getting coloured.