



St. John's CE Primary School

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Dear Parents / Carers,

St John's will soon be **taking over Longton junior parkrun** on **Sunday 22nd March!** This will involve school staff, families and pupils attending together to share or to start their love for being active with friends! We know that some members of our school community already participate in junior parkrun / parkrun events and we'd love for as many children and families as possible to get up, get out and join us for activity on this date!

What is a junior parkrun?

junior parkrun is a free community event where you can walk, jog, run, volunteer or spectate. junior parkrun is **2k** in distance, dedicated to 4-14 year olds and their families and friends of all ages, every Sunday morning at 9am with a really fun warm up! junior parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along! Parents can join in and walk / run / jog along with their child or children.

What will happen next?

We will soon receive a visit from junior parkrun! The volunteers from Longton junior parkrun will speak to the children in assembly about junior parkrun, the benefits in taking part and will get everyone involved in some fun practical activities.

How can my family take part?

Excitingly, we are encouraging **all** students, teachers and families connected to St John's to come along together to Longton junior parkrun on Sunday 22nd March. It will be an amazing experience to walk, jog, run or volunteer with so many friends at junior parkrun.

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: Longton Park, Trentham Road, Longton, Stoke-on-Trent, ST3 4AZ.

The event starts near the play area entrance off Queen's Park Avenue.

When: Every Sunday, at 9am, arrive at 8.50am for the fun warm up.

Website: <https://www.parkrun.org.uk/longton-juniors/>

If you are interested in volunteering, please email the event team through the website- it is great fun and a lovely way to meet new people.

If you can't attend this particular 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 22nd March.

Thanks

Mr S. Redfern



Scan me to sign up!

"SHINE like the star you are."