



Beaconhurst
School

Running Club

Does your child walk or run on a regular basis?

Would your child be interested in learning the benefits of running regularly?

Increasing children's fitness has been proven to help make their learning more effective.

From next term, Beaconhurst will offer a facility for your child to go on a supervised weekly walk/run, which will take between 30 minutes - 1 hour. Children will be put in groups with children of the same ability. They will receive advice and guidance on the benefits of running as well as technique.

If you think that your child would be interested, please complete the slip below and return it to the School Office for the attention of Karen Fletcher.

Parents would also be welcome.

Beaconhurst PTA

Beaconhurst School Running Club

Child's Name

Class

Parent's Signature