



Dear Parent/Carer,

We are thrilled to announce that following the success of last year's running club, which saw a steady weekly participation of 20 students, the club will be returning this year. The weekly running sessions will continue until the October half-term. After that, we will transition to exercises in the sports hall until the February half-term, when we will resume running.

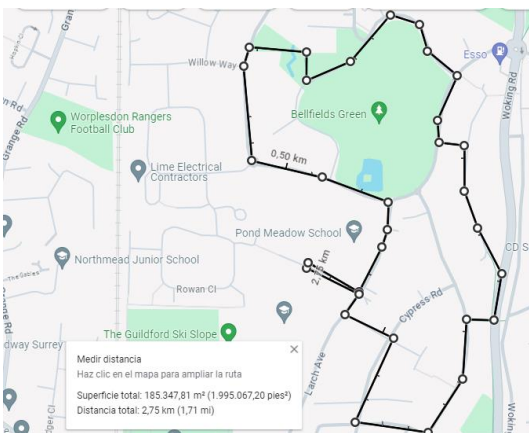
This club will offer students the opportunity to learn about and experience the benefits of cardio exercise and a healthy lifestyle.

The running club will take place every Friday from 7:30 am to 8:00 am starting on Friday the 13th of September. Students are expected to arrive at school in their PE kit and bring their school uniform and equipment with them. After the run, students will change into their school uniform and enjoy breakfast, with toast and porridge provided. Students are also welcome to bring their own food.

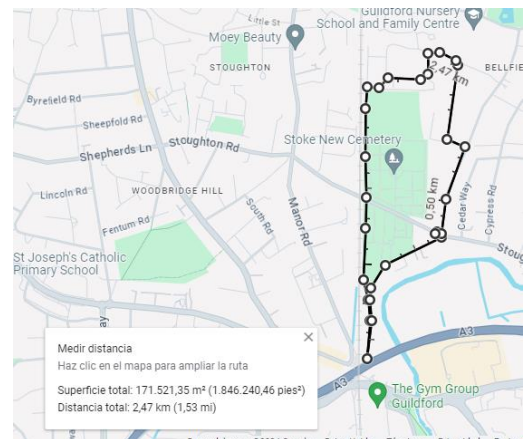
There are three running routes that we will follow, as shown below. Since the routes extend outside of school premises, we will need your consent before your child joins the club. The routes are designed to avoid main roads as much as possible, though Route 3 will require running on the pavement next to a main road for approximately 200-250 meters.

We look forward to your child joining us in this exciting opportunity to promote fitness and well-being.

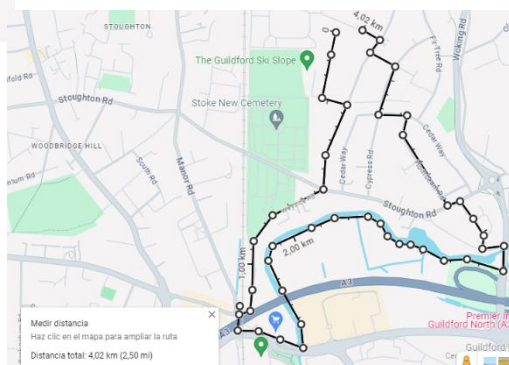
Route 1



Route 2



Route 3





Christ's College Guildford

www.christscollege.surrey.sch.uk



Please find below the link in which you can give consent. If consent is not given your child will not be allowed to join us.

Please note that even if you provided consent for your child to participate in the running club last year, we kindly ask that you complete the consent form again this year. This ensures that we have the most up-to-date information and your continued approval for your child to join the club. Thank you for your understanding and cooperation.

<https://forms.office.com/e/A98L1Ni5WU>

If you have any questions please feel free to contact us.

Kind regards,

Stefania Tzourmana

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