

Ghyllside Primary School

Gillinggate, Kendal,

Cumbria.

LA9 4JB

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Headteacher: Mr.H.B.Davies (BA. Hons)

Y1 RUNNING CLUB SESSIONS

Monday 13th October 2025

Dear Parent/Carer,

What and When

We are going to start running club sessions for year 1. The sessions will be run by Miss Munday and Mrs Taylor. The sessions will start with a warm up which will be followed by skills work and then a run (at the children's own pace) over a 1km - 2km loop. We will start running club for year 1 **Tuesday 4th November**. Depending on the light in the morning we will let you know when we will have a break.

The sessions will run on Tuesday mornings before school. Children need to meet in the hall, changed and good to start, for 8.15am. There will be a sign in register which they must tick to show they are present. We will finish at 8.40am allowing the children 10 minutes to change into school uniform. Please come to the hall door and an adult will open the door.

Kit

We will aim to go out whatever the weather. With this in mind, it is essential that your child has the right kit to stay warm and enjoy the session.

- Thermal top/base layer
- Shorts/tights combination depending on how much they feel the cold!
- Additional mid layer (fleece/hoodie) if it's really cold
- Lightweight waterproof
- Hat/Buff and gloves
- Socks
- Shoes with reasonable grip
- Full school uniform (or woods kit) including dry underwear, socks and shoes. They must be able to change into a completely dry set of clothes if they get wet.

If you would like your child to attend the sessions, please complete the permission slip at the bottom of the letter and return it to Miss Munday by Friday 17.10.25 so I can draw up a register.

Many thanks,

Miss Munday

TUESDAY MORNING RUNNING CLUB SESSIONS

I would like my child: _____ in Year _____ to

attend the Tuesday Running Club sessions. If my child requires an inhaler, I will ensure they have it with them in school at the sessions.

signature of parent/carers

Our Mission: Ghyllside Primary School – Growing Hearts and Minds

Our Values: Inspiring Healthy Inclusive Nurturing Experiences