

Ghyllside Primary School

Gillinggate, Kendal,

Cumbria.

LA9 4JB

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

RUNNING CLUB SESSIONS

Wednesday 10th September 2025

Dear Parent/Carer,

What and When

We are going to start the ever popular running club sessions in school again next week. The sessions will be open to children in Y1, Y2, Y3, Y4, Y5 & Y6. Each morning sessions will be run by Mr. Davies, Miss Munday, Mrs. Taylor and Mr. Sillito. 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.

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.

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 including dry underwear, socks and shoes. They must be able to change into a completely dry set of clothes.

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 Mr. Davies by Friday 12.9.25 so I can draw up a register. (If you have not got this letter back to me for the first session – 16.9.25 – don't worry, your child can join in the following week. But I will need a return slip first.)

Many thanks,

Huw Davies

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