

# Great Chesterford C of E Primary Academy

## Mental Fitness Running Club

Dear Parents/ Carers

The Mental Fitness Running Club is being offered to Years 5 and 6. The purpose of the club is to combine the benefits of exercise, fresh air and playing with evidenced informed approaches to develop better mental health. This club will differ to a traditional running club as the sport will be used as a medium to help children understand basic psychological concepts and how to apply them in their work and play.

### Run Club timings and procedures

- Please ensure children attend school in their running/P. E kit and other attire such as hats and gloves if the weather is poor.
- Meet in the School Hall at 3.20 for registration, with a drink and clothing, and your bags for home, ready to leave promptly for the school field
- We will return to the school hall to collect bags etc from the Hall, for children to be collected from main reception at 4:15
- Children will be checked out individually and collected by a permitted parent/carer (see form below). If special arrangements for collection are required, please email the school office in good time.
- Your child will not be allowed to walk home alone unless indicated in the slip below.



### Mental Fitness Running Club

Child/Children's name/names..... School Year(s).....

Parent/Carer name ..... Home Phone.....

Mobile..... Email.....

Details of any medical conditions, use of inhaler etc

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Does your child have any allergies that may prevent them from receiving a biscuit/sweet?

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Names of those permitted to collect your child.....

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Is your child allowed to walk home alone (Please Circle) Yes/No