



ASH MANOR SCHOOL

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LFR/cgb

November 2023

Dear Parent/Carer

We are writing to you regarding our Annual Christmas Charity Fun Run.

This year we are raising money and awareness regarding The British Heart Foundation.

The British Heart Foundation are the UK's number one heart charity and through 50 years of funding for innovative research, they have made an enormous difference to people's lives and the PE Department at Ash Manor would very much like to support them.

As Physical Education can be a preventative measure to some forms of heart disease, it can also play a part in aiding the recovery process for people suffering with heart disease. Therefore, we as a department, feel that this is a fitting charity and deserves our support. In order to fully support this charity we will be organising a Christmas Fun Run which will take place in your child's PE lesson.

The Fun Run will take place during the week commencing Monday 4th December 2023 during your child's PE lesson. However, if your child is in Year 10 X side their run will take place on Friday 1st December 2023. The run distance is 2.5km with the track going through the fields outside the school as well as the surrounding areas of the school. The run will be marshalled by school staff to ensure the safety of all pupils taking part. This is the perfect opportunity to exercise our PE slogan of "*Personal Best*" where we are asking students to enjoy the run and try their hardest.

Pupils are encouraged to include additional 'Red' items of clothing to their PE kit to support the BHF and those who wish to run in full fancy dress are fully supported in their desire to do so.

As this is a charity run we are asking every student to make a minimum donation of a £2 towards the British Heart Foundation. This money can be donated via your Wisepay account by logging on and clicking on Annual Charity Fun Run to make your donation.

As pupils will be running through the local environment, we cannot guarantee weather conditions and, therefore, would request that students bring towels and plastic bags to keep their PE kit or fancy dress in throughout the day. It is important to emphasise at this point that any fancy dress worn is relevant and appropriate for their PE lesson only and they are **not permitted** to wear it for the any other lesson in school.

We hope that you will see this as a positive learning experience for your child whilst helping us to support a charity that fights for a very important cause.

Yours faithfully
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