



Beardall Fields Primary & Nursery School

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12 October 2018

Dear Parents/Carers

**Sponsored Run a Mile  
Friday 19<sup>th</sup> October**

Year 1 and 2 will be having a health and fitness morning on Friday 19<sup>th</sup> October.



Children will take part in lots of different activities including yoga, dance-fit, running or walking a mile and they will also be making a healthy snack.

Please let your child come to school in their P.E. kit on this day (joggers will be fine), and also make sure they bring a drink - exercise can be thirsty work!

Please remember to collect as many sponsors as possible for the run a mile event. All funds raised will go towards new playground equipment.

Yours sincerely

KS1 Team