



LEVENS CE SCHOOL
Loving to Learn, Growing Together, Caring for All

Headteacher: Mrs Jane Farraday

Church Road, Levens, Kendal LA8 8PU 015395 60694 office@levens.cumbria.sch.uk www.levens.cumbria.sch.uk
11th January 2021

Dear Parent

The Levens School Weekly 2 Mile Run!

Everyone will recall the spirit and engagement of our last 'running' adventure in March last year and as it was such a fun and enlivening event that created a spirit of unity and determination amongst pupils and staff alike, we have decided to reintroduce it!

The best bit is that pupils (and wider families) working from home, can join in with the pupils in school to complete this challenge, and we can all do this together! We will need photos of participation for our poster and comments from yourselves or parents as to how much you have enjoyed it, because we know you will!

Practically, all those in school, each Tuesday and Friday at 2.15pm, will be moving down to the football pitch to undertake the full 12 laps that we know is a mile. Pupils should come into school in their PE kit on those days with warm layers and a pair of clean trainers. Pupils will then be able to go directly home with parents at 3pm, maybe in a wet and muddy state, maybe not, we will have to see. Those pupils who are not in school must not come to school to complete the challenge, but look for interesting, safe, parent approved routes very close to your home.

It would be really good if those running at home could keep up with the weekly schedule in your own home area using a route very close to your home that can either be measured out with a little adult help, or if that is not possible, you just run for 20 minutes, without big rests, and that will cover it. You might need to work out how many laps of your garden a mile is, that would be good and you could tell us all about how you did it!

Please don't worry if you are a home learner, as long as you do your two sessions they will count anyway and we will share lots of photos with each other.

We have calculated that if we start this Friday (15th January), we will have cumulatively run the full length of Britain by February half term.

Attached is a tick sheet for each week, ask your parents or an adult in school to sign after each session and there might even be medals available for all who finish the challenge!

So, get training and/or planning a course for yourselves (extra points for hills!).

Please let's all do our very best to make this a fun and exciting adventure.

Best Wishes

Mrs Coker

