



Dear Parents & Carers,

Today we had a visit from junior parkrun! Sam, Run Director at junior parkrun, spoke to the children in assembly about junior parkrun, the benefits in taking part and got everyone involved in some fun practical activities (even us teachers).

Junior parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. junior parkrun is 2k, dedicated to 4-14 year olds and their families and friends of all ages, every Sunday morning at 9am. Junior parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along!

Excitingly, we are encouraging all students, teachers and families connected to Newdale Primary School & Nursery to come along together to Telford junior parkrun on Sunday 20th September. It will be an amazing experience to walk, jog, run or volunteer with so many friends at junior parkrun.

You can register for parkrun for free here - www.parkrun.org.uk/register/ or scan the QR code below.

Here are details of the event:

- Address: Telford junior parkrun, Telford Town Park
- Every Sunday, at Southwater/International Centre end of Telford park. Arrive at 8.50 for the fun warm up.
- <https://www.parkrun.org.uk/telford-juniors/>
- If you are interested in volunteering, please email the event team on telfordjuniors@parkrun.com. It is great fun and a lovely way to meet new people.



If you can't attend this week, junior parkrun happens every Sunday so you can come any Sunday you are available.

We hope as many of you as possible can join in on Sunday.

Thanks

Miss Cook

Headteacher