Dear Parents,

‘Run to Rio’ Challenge

We are delighted to announce that our school will be participating in a countywide initiative called ‘Run to Rio’. Throughout the summer term, our children, along with many others in schools across Surrey, will be challenging themselves to walk or run the distance from Surrey to Rio (collectively, rather than individually, although I don’t doubt that one or two will give it their best shot!) to mark the 2016 Olympic Games.

What is ‘Run to Rio’?

Every child can choose to run, jog or walk around a track on the school grounds for 15 minutes each day. Collectively, the school hopes to cover the 5700 miles to Rio over the next few weeks. The distance covered by each class will be added up each week and a totalizer in the corridor will keep track of our ongoing distance covered. Weekly updates will also be provided in assembly.

Why are we doing this?

Getting children moving for an extra 15 minutes every day is proven to reduce obesity, improve pupil behaviour and well-being and increase concentration levels in the classroom. We hope that ‘Run to Rio’ will prove to be an extremely beneficial initiative for the children of our school, as well as a daily opportunity for us all to be together and feel involved.

“‘Run to Rio’ represents an excellent opportunity for primary school children of all abilities to get fit and be active. The project is simple, effective and accessible to all schools, children and parents. It really is an innovative and interesting project that will be embraced by both children and schools.”

The Golden Mile Ambassador, Olympic Gold Medallist Duncan Goodhew MBE.

This challenge will start next week on Monday 18th April. I have absolutely no doubt that that we will reach and surpass our goal of 5700 miles!

Yours sincerely,

[Signature]

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