



Tadcaster Grammar School

'A Culture of Excellence'

May 2019

Dear Parent

Schools' Race For Life

Our school is holding its very own Schools' Race for Life event for Cancer Research UK. It will take place at Tadcaster Grammar School during your child's Physical Education lesson at the following times:

<u>Teaching group</u>	<u>Date donation to be brought to the lessons</u>	<u>Date of the event</u>
Year 7b	Monday 10 June – period 5	Wednesday 12 June – period 3
Year 7e	Tuesday 11 June – period 4	Thursday 13 June – period 2
Year 8b	Monday 10 June – period 4	Tuesday 11 June – period 2
Year 8e	Tuesday 11 June – period 3	Friday 14 June – period 5
Year 9b	Monday 10 June – period 1	Wednesday 12 June – period 1
Year 9e	Tuesday 11 June – period 5	Friday 14 June – period 4

Year 10 and 12 students will be able to participate in the event at lunchtime where they can bring their donations.

To make this event as worthwhile as possible, students will be following the Couch to 5k programme. They will be allowed to have their mobile phone and headphones whilst participating as well as be allowed to wear the sports kit of their choice (no fancy dress please). Can I ask you to remind your child to download the Couch to 5k app onto their device (it is free) by Monday 4 June 2019 at the latest. <https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>. The Physical Education teachers can then explain more about this app during a Physical Education lesson prior to their event. Students will be reminded about this information over the coming weeks.

This year, we are requesting a minimum of a £1 donation for such a great cause. Can I ask that your child brings their money to the lesson prior to the event (please see above) to help a smoother running of the event on the day itself.

If your child wishes to increase their sponsor money, they have been e-mailed a sponsor form (also available on the school's website) which they can print off and begin collecting sponsor money. Again, they should bring the sponsor form and money to the lesson prior to their event day (providing they can collect the money before completing the event) and hand it to their PE teacher. Any further money can be brought into school by Friday 28 June at the latest. Another way of donating is by using the Just Giving website. Please follow this link <https://fundraise.cancerresearchuk.org/page/tadcaster-grammar-school> or visit the school's website <https://web.tgsch.uk/> and see the Race for Life news item.

Our youngsters are the generation that could see ground breaking treatments and cures for Cancer in their lifetime. They are the young warriors who could be the researchers and lifesavers of tomorrow. By taking part in Race for Life and uniting together against cancer, they will be doing something really special. Cancer Research UK receives no government funding for their research, so the more of us who join the fight against cancer, the more money we can raise to beat cancer sooner.

If you have any questions about the event, please do not hesitate to contact me at school.

Thank you for your support.

Yours sincerely

Mr R Solk
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