

**Headteacher**

Sebastian Gray

Email

admin@lhaines.herts.sch.uk

Tel

01923 233146

Twitter

@LHS_Watford

AddressVicarage Road
Watford
Hertfordshire
WD18 0DD**Web**

www.lhaines.herts.sch.uk

Facebook

Laurance Haines School

Friday, 23 April 2021

England Does the Daily Mile

Dear Parents/Carers,

On Friday 30th April, we are holding an all-day event to enjoy running and celebrate how moving our bodies improves mental health. As most of you will know by now, we will be running the Virgin London Marathon this year on 3rd October. We are running to raise all important funds for the Watford Salvation Army and we will be holding a number of events across this term and next, the first of which will be England does the Daily Mile. It is also Sir Captain Tom Moore's 101st birthday and to celebrate his legacy we will be hosting some '100' themed activities across the day.

On the day, will be running with every child in school and making it a really special day. England does the Daily Mile are hoping to get one million people moving and we want to be part of that! The children will be designing their own running signs for their shirts, we will be running with music and enjoy the social reconnection that we have all missed for so long. As a staff team, to celebrate Sir Captain Tom Moore's birthday we will be aiming to run a collective 100km across the day and also each year group will have an exercise which starts with a letter. Our aim will be to come together via zoom in the afternoon to complete our 100 exercises that spell out his name

Members of the Watford Salvation Army team will be present to support us with our fundraising campaign and to join in with the day. We are inviting our children to wear their sportiest clothing on the day with a voluntary donation of £1 which will go to our Just Giving page. Should you wish to make an additional donation you can visit the page here: <https://www.justgiving.com/fundraising/mrsballmgray>

We are hoping to raise as much money as we can on the day as every little raised will make a huge difference to what the Watford Salvation Army can do for our community. We will also have some collection boxes around school on the day so if you have any small change lying around and would like to donate that too, they will be available for you.

You can follow our training progress on

Instagram - @lhs_marathonteam

Twitter - @LHS_MarathonTeam

'Being active helps us feel that little bit better' England does the Daily Mile 2021

We look forward to joining the children next week and we thank you in advance for your support.

Warm regards,

Mr Sebastian Gray and Mrs Jo Ball

LHS Marathon Team

"For a better future"

————— *“Nurturing our community, thereby providing keys to unlock doors for a better future.”* —————

INCLUSIVE | MAT