

Preston Grange Primary School

Newsletter – March 15th 2022



Comic Relief

This Friday is Comic Relief Day and the theme is Superheroes. We will be holding a non-uniform day and ask that the children choose either to:

- Wear a red nose
- Paint a red nose on with face paint
- Wear a superhero mask
- Face paint a superhero mask



We don't however wish the children come into school in full superhero costume, thank you! If you would like to donate to the charity, please visit the following link:

<https://www.justgiving.com/fundraising/preston-grange>

The Big Walk and Wheel

Get set... we're taking part in Sustrans Big Walk and Wheel 2022 (the new name for Big Pedal), the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 21 March to 1 April. It's free and we would love everyone to be involved.

What do you need to do?

Encourage your child(ren) to walk, use a wheelchair, scoot or cycle to school on as many days as possible during the event.

Why we are taking part

Sustrans Big Walk and Wheel is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate. [A 2021 YouGov study](#) showed nearly half of UK children worry about air pollution near their school. And that children thought active travel was the best away to bring down these pollution levels. Plus there are some great prizes to be won every day if we get enough children taking part!

Useful resources

To help you prepare, Sustrans has developed a handy free guide packed with advice, games and challenges to help you have hassle-free cycle, walk or scoot to school.

Download your free family guide using this link:

<https://www.sustrans.org.uk/sign-up-to-receive-your-free-family-guide/>

For more information about the event go to www.bigwalkandwheel.org.uk. By taking part in Sustrans Big Walk and Wheel, the children will learn about the amazing benefits of active travel. Enjoy the challenge!

School term dates

Please find the school term dates for the academic year 2022-23 on our school website www.pgps.co.uk

Children's Cancer Run



We would love you and your family to join our school team at the 39th Children's Cancer Run at Newcastle Racecourse, Gosforth Park on Sunday 15th May 2022.

The Children's Cancer Run is a cross-country family fun run with one, three and five mile routes to choose from. The charity event is organised by Children's Cancer North and is supported by Greggs. We are very excited to be participating in this event and would like to invite you to join us for what promises to be a fun filled family day out. All participants receive a 39th Anniversary medal and Greggs snack pack on the day, and all children receive a limited edition t-shirt. Metro Radio will also be there to entertain everyone with music and competitions.

Please complete an on-line entry form to join our team:

1. Log on to www.childrenscancerrun.co.uk
2. Select 'Register to Run'
3. Complete your entry form, selecting our school name from the drop down list
4. Click **proceed to payment** to complete the registration for you and your family

Please note that the three and five mile courses are suitable for children over 7 years old. All children must be supervised by an adult (parents can accompany their children on the Mini Mile without registering but please register if you would like to receive a medal and snack pack).

We would encourage you to do what you can in order to raise sponsorship; while your entry fee covers the cost of the event, it is your sponsorship that will make a difference in making life better for children and young people with cancer in the North East and Cumbria. Please raise funds using either the paper sponsor forms that will be provided in your run pack, or the on-line fundraising page created when you register on-line.

Your run pack containing your run numbers, children's t-shirts and start time will be sent home with your child the week before the run. If you have any questions in the meantime, please get in touch with the school office office@pgps.co.uk or email ccrun@childrenscancernorth.org.uk

Thank you for your support!

Tracey Taylor, Headteacher

5th March 2022