

## Years 7-8 Colour Run

We are excited to announce that we are organising a Colour Run for Years 7-8! This will be for Sport Relief on Friday 13<sup>th</sup> March 2020 during period 6.



The plan is that all Years 7-8 arrive to school in their correct City Academy Norwich PE kit for the whole day. **This is not a non-school uniform but all Years 7-8 students are expected to wear their PE kit.**

Anyone who is not in correct PE kit will be sent home to change or given spare kit from the PE cupboard. Correct PE kit is shown in the photo and described here:

- New Green / Old White CAN PE Polo Shirt
- New Green and Black / Old Red and Black CAN PE Rugby Shirt
- Black CAN PE Jumper or a **PLAIN** black/navy jumper/hoodie (logos should be no larger than the CAN logo on the photo to the right)
- Black CAN PE Shorts
- Plain Black / Navy tracksuit bottoms or sports leggings (again no logos larger than the CAN logo from the PE polo shirt)
- Sports Trainers (bring a spare pair of sports trainers that could get muddy during the Colour Run)
- Water bottle to stay hydrated



We have also attached a sponsorship form for your child so that they can raise as much money as possible for this event.

All donations can be paid via our Just Giving page here: <https://www.justgiving.com/fundraising/can-sport-relief-2020> or can bring in the form with the cash to our receptionist Mrs Pitelen. All donations go straight to Sport Relief. Due to the costs of running this event, and we're raising money for Sport Relief, it will cost a small amount of money for your child to take part. There are two payment options available for everyone:

- £4 each – you can take part in the race, you'll also receive a white t-shirt that means staff will be throwing colour powder at you and your friends so that you can show off to your parents/guardians afterwards.
- £1 will allow you to still take part in the event but you won't have colour powder purposefully thrown at you and you won't receive a white t-shirt. Due to the nature of the colour powder and the event being outside we can't always guarantee they won't get some on them though.

To pay for your child we require everyone to pay this via the School Gateway so that we know how much colour powder to purchase. We are expecting all Years 7-8 students to take part in this event, whether it is running, jogging or walking the course. We want everyone to enjoy themselves, whether it is challenging yourself to complete the race in the quickest time or conversing with your friends whilst going round the track and laughing at those who are covered in colour powder! There are medals for the winners. Some staff may also be joining in the race with you!

Once the event has finished all students will be asked to shake off as much of the colour powder as possible, and then to go straight home via the bike shed gate and not enter the school building. However, if your child would like to get changed afterwards they will be directed to our changing rooms. I suggest your child brings a spare carrier bag to school to contain the messy white t-shirt afterwards and bring a towel to wipe any excess powder off their skin.

I also recommend that your child wears sunglasses/safety goggles to protect their eyes and to wear a dust mask if they have respiratory issues (i.e. asthma). These aren't major concerns but they are recommendations. Please see the Running Imp safety and cleaning information overview attached for your reference.

Yours faithfully,

Mr Taylor  
Achievement Coordinator