

The winning entry each week from each phase will get to choose a free book or writing prize.



ultimately can't be retracted. It would be hugely helpful if parents could follow the same approach. Please also go on to the school website and have a look at some of the links in the Online Safety section. Many thanks.

And Finally,

My huge thanks to Miss Pickard, Mrs Smith and Mrs Cooke, who worked tirelessly last week at Kingswood giving our Year 6 children a fantastic residential experience. You do though have to question quite what was going on at times as when I was sorting the photographs this week (Year 6 parents there's over 1500 of them) - I came across this photograph of Miss Pickard and Mrs Cook.

Have a good Weekend (Come on Colchester United)

Simon Billings

FAMILY / ADULTS BLITZXTREME RUN AT HADLEIGH COUNTRY PARK SUNDAY 16TH OCTOBER

* Fun for all the family with family and adult races *

ABOUT THE EVENT

This is a brilliant family fitness event that will be great for families of your school, having fun while doing something active. The event is run with a great atmosphere and has a real community feel to it.

It is an obstacle trail run on Sunday 16th October using mixed terrain at the very scenic Hadleigh Park, with a few obstacles thrown in. There are 2KM family/child race options so the whole family can get involved in a fun active day (Children aged 5-15yrs). There are also 5/10KM adult races and is suitable for all fitness levels.

Everyone completing the race will get a free training top.

Please see information flyer attached and some action shots from previous events.

HOW TO BOOK

You can book online at

https//www.eventbrite.co.uk/e/blitzxtreme-mixed-terrain-obstacle-run-tickets-27209874467

Group booking discounts available online

For further information please contact info@blitzfitme.co.uk



Includes 5 or 10 KM race and running t-shirt

FOR FURTHER INFORMATION CALL 07502 942535 OR EMAIL INFO@BLITZFITME.CO.UK WWW.BLITZFITME.CO.UK IF FIND US ON FACEBOOK FB.COM/BLITZFITME