

Beechwood Primary School

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10th November 2025

Dear Parents, Guardians and Students,

Woodley Junior Parkrun



This week we are having a visit from junior parkrun! The volunteers from Woodley junior parkrun will speak to the children in assembly about junior parkrun, the benefits in taking part and will get everyone involved in some fun practical activities (even us teachers).

Junior parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Junior parkrun is 2km, dedicated to 4-14 year olds and their families and friends of all ages, every Sunday morning at 9:00am with a really fun warm up starting at 8:55am. Junior parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along!

Excitingly, we are encouraging all students, teachers and families connected to Beechwood Primary School, to come along together to Woodley junior parkrun on **16th November 2025**. It will be an amazing experience to walk, jog, run or volunteer with so many friends at junior parkrun.

You can register for parkrun for free here - www.parkrun.org.uk/register/ or scan the QR code below.

Here are details of the event:

- Address: Woodford Park, Woodley (next to the play area)
- Every Sunday, at 9am, arrive at 8:50am for the fun warm up.
- <https://www.parkrun.org.uk/woodley-juniors/>
- If you are interested in volunteering, please email the event team on, woodleyjuniors@parkrun.com, it is great fun and a lovely way to meet new people.



If you can't attend this week, junior parkrun happens every Sunday so you can come any Sunday you are available.

Finally you can join the school parkrun group! As a school community, team Beechwood is aiming to complete 30 junior parkruns or 5k parkruns by the end of the school year! Once you have registered, joining the Group is easy:

1. Log back into your profile

Explore, Discover, Achieve

2. Search for your group
3. When the group appears, select it and click join

We hope to see as many of you as possible on Sunday.

Your faithfully,

Mrs Caswell

