



Virtual Heath for Health Community Fun Run 2021

We are ready to launch our 8th annual Fun Run event. Due to the current Covid-19 situation, this will be (another) virtual edition.

We would like to invite you, your families and the community to participate in a 5km walk, jog, run or cycle (EYFS-KS1: 1 mile if they'd prefer). Submit your achievements by 21st June for your reward.

We have limited edition 2021 Heath for Health medals thanks to Hamptons, The Home Experts, Blackheath.

The money raised will be split two ways. Crisis Fund provides immediate financial support for families facing a crisis in their lives. Mrs Parish has a close, working relationship with the charity as they have provided many John Ball families with grants over the years. They have provided funds for the purchase of fridges, cookers, washing machines, beds and mattresses. They have awarded nearly every application Mrs Parish has made, so we would like to thank them for their continued support and generosity. As always, we also aim to raise funds for John Ball outdoor learning.

How to participate:

- Participation is free but we would like to suggest a £5 donation per entrant which can be paid via www.virginmoneygiving.com/fund/H4H. Please use your family name for donations so we can link to your submitted activity evidence. We, obviously, welcome children to collect sponsorship online and are welcome to set up their own fundraising link via www.virginmoneygiving.com/fund/H4H
- You'll then need to track/ log your exercise. This can be via Strava, Nike Running, Garmin or any other activity tracker. (Photos and times also accepted if you don't have an activity tracker app) Please email evidence and list of participants (including 'current' JB class if applicable) to Heathforhealth@live.com. We may share your achievements on our social media accounts so please do indicate if you are NOT happy for us to do so. Remember to let us know your family name so we can link to your donation and prepare your medals.
- Please share your achievements on our Twitter or FB pages @heathforhealth and encourage all your friends and family to take part. Tag @JBPrimary, @Hamptons_Black in your posts!

IF YOU ARE SHOWING CORONAVIRUS SYMPTOMS, OR IF YOU OR ANY OF YOUR HOUSEHOLD ARE SELF-ISOLATING, YOU SHOULD STAY AT HOME- THIS IS CRITICAL TO STAYING SAFE AND SAVING LIVES.

Please also ensure that by participating in this virtual event, you agree to the following:

- We are medically fit to take part and agree to participate at our own risk.
- I agree that the organisers will not be responsible for any injury incurred by me/us.

We really hope that you are able to join us with our Heath for Health challenge 2021 and we look forward to receiving your activity logs and photos.

Children may still participate if they do not wish or are unable to pledge the £5. The school may, from time to time, take part in fundraising activities to raise funds for charities not connected with the school and at the discretion of the HeadTeacher. No child will be treated differently or pressurised for not taking part in the activity to contributing financially or otherwise.