

Running club



Every Thursday lunchtime Mrs Burns and I go over to the Harewood estate with pupils from running club. All High School year groups and all running abilities are welcome, and no-one gets left behind. At the moment the bluebells in the woods are giving us a spectacular display which really lifts the spirits.

There are many benefits to running outside in the fresh air including:

- Building strong bones, and strengthening muscles
- Improving cardiovascular fitness
- Boosting mood and happiness
- Reducing stress levels
- Improving immune function
- Stimulating the brain

We would love to welcome new members to our club so if any pupils would like to join us, just meet outside the dining room in PE kit ready to leave at 1pm every Thursday.

Mrs Sophie King