Dear Parents,

6th class boys and girls started the Marathon Kids programme this week. Dublin County Council along with Fingal County Council and Dublin City Council have organised this 8 week programme targeting 5th & 6th Class students in schools in Fingal and Dublin City.

Pupils will perform four running sessions each week inching them closer to completing their first marathon as well as learning about: how to achieve a **healthy heart**, **nutrition**, and the **physical, mental, social and community benefits** **of exercise**.

The finale will see the students running their last mile and completing the marathon at the National Cross Country Course located at the National Sports Campus in Dublin 15.

**Two running sessions** will be done **during school hours** (600m each this week) and pupils need to do **two more runs at home**. Pupils need to wear the correct footwear and school tracksuits for their runs at school. Those who go to football training, are playing matches or are running with parents outside of school will easily cover this distance.

It is really important that you, as parents, support this programme and encourage your children to achieve their target distances each week. Last year’s 6th classes and their teachers really enjoyed the programme. We are working towards achieving our Active School Flag and we need everyone in the school and parents to work together. Programmes like Marathon Kids benefit your child and give them vital skills for life.

Thank you for your co-operation.

Mr. John Murphy (Principal) Ms. Walsh Mr. Garvey

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