



December 2025

All Year Groups Cross Country club will be starting on Fridays from 8.00 – 8.40am between 16th January 2026 and 20th March 2026.

Your child will need to have suitable clothing and footwear for this outdoor session, but they do not have to be in their school P.E kits. However, due to running on the field, we suggest that they have a carrier bag to store their shoes in during the day. They should also bring a bottle of water for these sessions together with their school uniform in a bag.

The children will begin their sessions with a warm up before they are set a distance to run and this will be timed. The children will be working to improve their personal best. The session will finish with a cool down and then the children will need to change promptly into their school uniform.

If your child wishes to attend every week please return the **form below by Friday 12th December 2025**, by posting it in the Drop and Dash Box found in the school reception, handed into the office or emailed to office@courthousejunior.co.uk. Places will be limited and you will be informed if your child has a place by email before the start of the new term.

There is a small charge for all clubs that the school runs using its own staff. The charge will be £2.00 per pupil per session, £18.00 a term, as we aim to run 9 sessions per full term. You will be able to make the payment on your Bromcom MCAS app, it will appear in your outstanding payment box. This will need to be paid before the start date, 19th September and you will receive a message/email confirming when the payment is live which will be at the beginning of the new term.

Yours sincerely,

Mrs M Hull
PE co-ordinator

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PLEASE RETURN THIS SLIP TO THE SCHOOL OFFICE

DEC 2025

NAME CLASS

I would like my child to join the **All Year Groups Cross Country** club on Fridays from 8.00- 8.40am.

I understand there will be a £18.00 charge for this club and I need to pay this via my MCAS account.

SIGNEDPARENT/GUARDIAN

CONTACT TELEPHONE NO.

IF YOUR CHILD HAS ANY MEDICAL CONDITIONS THEN PLEASE WRITE ON THE BACK OF THIS SLIP