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8th October 2025

Dear Parents, Carers and children,

This week we had a visit from Junior Parkrun! The volunteers from Stanley Park Junior Parkrun spoke to the children in assembly about Junior Parkrun, the benefits in taking part and got everyone involved in some fun practical activities.

Junior Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. It is 2k, dedicated to 4-14 year olds and their families and friends of all ages, every Sunday morning at 9am with a really fun warm up starting at 8:45. 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 children, staff and families connected to Four Oaks Primary School to come along together. 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: Stanley Park
- Every Sunday, at 9am, arrive at 8:45 for the fun warm up.
- Stanley Park, Anfield Road, Liverpool, L4 0TD
- If you are interested in volunteering, please email the event team on stanleyparkjuniors@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! Once you have registered, joining the Group is easy:

1. Log back into your profile
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.

Thanks,
Miss Staplehurst
PE Leader



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