



ABINGDON

From Joint i/c Charities: Helen Wenham

1 July 2016

Dear Parents,

We are writing to inform you that the school's biennial **sponsored walk** (rebranded the "**Abingdon Half-Marathon**") will be taking place on the Thursday 29 September 2016 next term. The whole school, including teachers, will be taking part in the event to raise money through sponsorship for Abingdon Bridge, Medical Assist International (MAI) and Helen & Douglas House.

We know how much some students really enjoy the prospect of a physical challenge, so have chosen a relatively long course of 13 miles (10 miles for the Lower School), so that the event will provide a genuine challenge for all, especially for students in upper years who can choose to run it. At the same time, we encourage a 'can-do' Growth Mindset approach for those students who might find this prospect a little more daunting. Your son may walk (or run) the course at his own pace, depending on his physical abilities.

We do, however, recognise that boys can often lapse into a sedentary lifestyle over the long summer holidays, so we highly recommend that your son try to maintain a certain level of fitness before September. Setting goals and working towards them can be hugely motivating, and encourage the right approach to all difficult tasks – both physical and academic.

I am sure that the students will enjoy both the challenge and the prospect of raising funds for the worthwhile charities we will be supporting. More information on them, along with sponsorship forms and specific details about the day will be sent out at the beginning of next term.

Yours sincerely

Helen Wenham
Joint i/c Charities

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Student Chair of Charities Committee