**Reminders for the Jingle Jog**

**Venue:** **Rushcliffe Country Park**

**Mere Way**

**Nottingham**

**NG11 6JS**

Meet at 9.30am at the meeting area at the top of the car park near the toilet block.

Mrs Nicholson, Mrs George, Mr Hall and Ash will greet you and take you down to the assembly point.

10.00 – Mass Warm up

10.15 -Jog starts

10.45 – Jog ends

10.45 – refuel – Bring a snack and a drink.

11.00 – Play on the playground

11.20 – Head back to school

11.45 approx – Arrive back at school.

Thank you for all of the lift offers and parent helpers who are coming to join us. We are so lucky to have your support to enable this experience for the children. They will show our value of gratitude towards you so hopefully you will feel appreciated.

The children need to wear their PE kit including joggers as it will be cold. They will need a coat , hat and scarf etc to warm back up after the jog.

Children are encouraged to come with Christmassy accessories. Some children last time even had red noses (painted on) to guide us on our way.

Bring a snack and a drink to refuel after the jog.

Meet at the meeting area at the top of the main carpark. We will wait for everyone to arrive before toileting and then head down together to the event.

Parents are encouraged to space out around the route to cheer the children on or they are welcome to run along with the children so come prepared!

Car parking is £1.50

Please liase with the parents, who are kindly offering lifts, to make sure an appropriate meeting place has been agreed and provide a car seat if needed.

We will regroup after the run and get a drink and snack.