

# A VIRTUAL TOUR FROM RUABON TO PARIS 481.7 MILES

This year the Olympics will take place in Paris. As a school we would like to raise money by completing a virtual challenge during our health and well-being week. Children can complete their own miles at home to contribute to the total, by walking, running, cycling ... all we ask is for a screenshot of the distance you have completed. This could be recorded on something like Strava or MapMyRun. This will then be added to the whole school total. As a school we will be completing miles during the week, through using some exercise bikes, completing runs on the community fields and the daily mile.

If any parents would like to contribute to this total of miles, please feel free, but again, we just ask for a screenshot of the miles so we can add it to our total. Sponsorship forms will be coming home for you to complete.

We would also like to extend a massive thank you to CYC fitness for very kindly loaning us the exercise bikes.

Thank you for your continued support.

