

# **The Langshott Lap**

**Every Friday the children (and staff!!) will be trying to run at least a mile within the school grounds.**



**This is a fantastic way to get our children moving!  
Research suggests that as well as being a healthy  
incentive, it also aids concentration!**

**Please support us in sending your children in on a  
Friday with their trainers.**

**Reception children may come in wearing their trainers  
and bring school shoes in a bag.**

