



CANFORD HEATH INFANT and JUNIOR SCHOOLS

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TEACH Trust Poole

Trust Excellence Aspiration Collaboration Honesty

Article 28: Children have a right to a primary education.



Wednesday 9th September 2026

Dear Parent/Carer,

This week, we have been introducing the children to **Junior parkrun** – a fantastic way to get active, have fun and be part of the local community.

Junior parkrun is a **free 2km event for children aged 4–14**, with families and friends of all ages welcome. You can walk, jog, run, volunteer or simply come along and support. It takes place every Sunday at **9am**, with a fun warm-up from **8.50am**.

Junior parkrun is friendly, welcoming and inclusive. There is **no time limit and nobody finishes last**, so everyone can take part at their own pace.

Canford Heath Junior School – Sunday 27th September

We would love to see as many of our school community as possible at **Upton House Junior parkrun** on **Sunday 27th September 2026**.

As a school, we are aiming to complete **500 Junior parkruns or 5k parkruns by the end of the school year**, and this is a great opportunity to get our challenge started!

 **Upton Country Park, Poole Rd, Poole, Dorset, BH17 7BJ**

 **Sunday 27th September 2026**

 **9am start – arrive by 8.50am**

 **2km**



To take part, children need to register for free: [Register for parkrun](#) or access the QR code

Once registered, you can also join the **Canford Heath Junior School parkrun group** by logging into your profile, searching for the group and selecting **Join**.

If you can't make 27th September, don't worry – Junior parkrun takes place **every Sunday**, so there will be plenty of opportunities to get involved.

We hope to see lots of **Canford Heath Junior School children, families and staff** at Upton House on Sunday 27th September!

Yours faithfully

Mr Roast
Sport and PE Lead



Canford Heath Infant School

Canford Heath Junior School



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