The Mead, Carpenders Park,
Watford, Herts. WD19 5BT

Tel: 020 8428 1695
Email: admin@stmeryl.herts.sch.uk
Head Teacher: Mr C Davies head@stmeryl.herts.sch.uk

Learning, growing, achieving, TOGETHER

St Meryl Joins junior parkrun

Dear Parents, Carers and Students,

On Monday we had an assembly about Cassiobury junior parkrun led by Miss Pomfret and Megan from Year 4 and we talked about the benefits in taking part and got everyone involved in some fun practical activities (even us teachers).

Junior parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Junior parkrun is 2 kilometres long, dedicated to 4-14 year olds and their families and friends of all ages. It takes place every Sunday morning at 9.00 am with a really fun warm up starting at 8.50. junior parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along!

Excitingly, we are encouraging all students, teachers and families connected to St Meryl School to come along together to **Cassiobury junior parkrun on Sunday 11th January 2026**. It will be an amazing experience to walk, jog, run or volunteer with so many friends at junior parkrun.

We have intentionally set this date so that as many of the St Meryl School community can attend. Lots of staff will also be there with their families to join in, cheer you all on and give lots of encouragement to everyone. If any adults would like to volunteer, then please make contact with the Cassiobury Junior parkrun (cassioburyjuniors@parkrun.com). Hopefully, there will be a lot of us in attendance and so they will need our help and support.

You can register for parkrun for free here - www.parkrun.org.uk/register/ or scan the QR code below. **Please ensure you register before the event and ensure you have your barcode with you, whether that is a paper copy or on your phone via the 5k app.**

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Here are details of the event:

- Address: Cassiobury Park, Watford, Herts, WD18 7HY.
- Every Sunday, at 9.00, arrive at 8.50 for the fun warm up.
- The event starts close to the bandstand.
- If you are interested in volunteering, please email the events team on cassioburyjuniors@parkrun.com it is great fun and a lovely way to meet new people.
- If you can't attend this week, junior parkrun happens every Sunday so you can come any Sunday you are available.

Your child is able to run, walk, hop, skip, jump the parkrun course on their own as they will ALWAYS be in sight of a marshall/volunteer so don't feel that you have to participate. If you would like to volunteer then please email the address above.

Finally, you can join the school parkrun group! As a school community, Stride and Smile is aiming to complete junior 100 parkruns or 5k parkruns by the end of the school year! Once you have registered, joining the group is easy:

1. Log back into your profile
2. Search for Stride and Smile
3. When the group appears, select it and click join.

We hope to see as many of you as possible on **Sunday 11th January 2026 in Cassiobury Park, we will meet near the bandstand at 8.45 am.**

I hope you are just as excited as we are as a school to take part in this incredible event. I have to warn you though, parkrun is very infectious and once you've been you will be telling friends and family about the fun you have had.

Yours sincerely.

Miss Pomfret and Megan (our parkrun ambassador)

