

All Saints' Catholic Primary School

Kitswell Road, Lanchester, Durham, DH7 0JG

Tel: 01207 520435 Fax: 01207 528721

e-mail: lanchesterallsaints@durhamlearning.net

website: www.lanchester.durham.sch.uk

Head Teacher: Mrs. F. Stephenson Deputy Head Teacher: Mrs. A. Conlin

Chair of Governors: Mr. M. Symonds



Tuesday 9th February, 2021

Dear Parents,

I hope you are all keeping safe and well and are looking forward to enjoying some family time over the half term holiday. As you will probably know, the beginning of Lent, Ash Wednesday, falls within half term, one week today – 17th February.

During the season of Lent, we always think about the journey Jesus made in an attempt to follow in his footsteps. This year, Lent will be different for us. We may not be together in person but we are very keen that we all participate in a collective activity to fundraise for a cause close to our hearts: in this case, supporting CAFOD's Walk for Water campaign.



In the past, we have undertaken some wonderful whole school activities to raise money for those less fortunate than ourselves. We intend to continue to help those around the world, supporting the belief that every human should have basic human rights, like access to fresh water...nothing is going to stop us, not even remote working!

In autumn 2019 and again in autumn 2020, we started to look closely at the lives of the Northern Saints represented in our House System. Both years have been disrupted due to lockdown so we want to take this opportunity to link a whole school activity to our heritage so the pupils can continue to feel their great sense of belonging to their Northern Saint Team (and indeed their individual House Value: **peace**, **perseverance**, **wisdom** and **learning**).

Now more than ever, we are aware of the importance of being active and getting some fresh air. With all of the above in mind, we have developed a challenge for the whole school community to take part in over the course of Lent – Wednesday 17th February until Easter Sunday which is celebrated this year on Sunday 4th April.

To raise money for the Walk for Water campaign, we are challenging the whole school community to complete a pilgrimage every week throughout Lent, to walk the distance of the journey from Whitby to Holy Island, via Durham Cathedral. Using the Strava app, we want to walk the distance of 200 kilometres each week...approximately 1200km over the course of Lent!

Each time you walk (or run), track your distance on our Club page, using the app, and the collective total will add up. We invite you to ask to be sponsored for walking each day, every few days or each week and contributing to our weekly total of 200km per week!

Please see below for instructions of how to get started...



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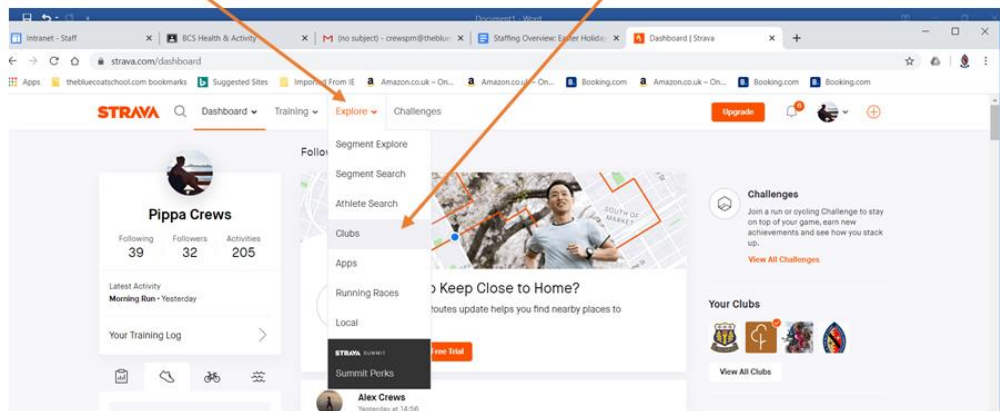


The app is called STRAVA and the app logo looks like this: **STRAVA**

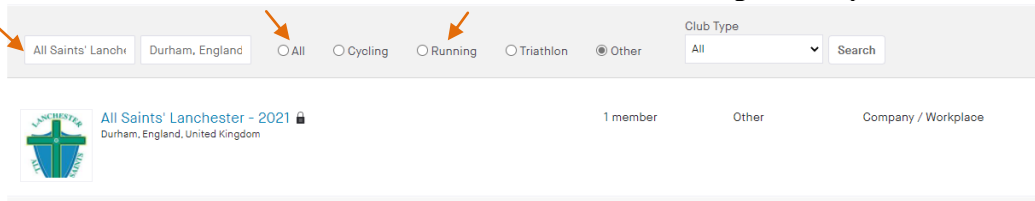
You will need to download the app (please select the 'free' version), sign up using an email address and join the 'All Saints' Lanchester - 2021' club

You can either follow this link: <https://www.strava.com/clubs/allsaintslanchester> or use the below guidance which shows you how to search for a Club on your computer.

Go to the Explore tab at the top of the website and scroll down to Clubs:



Type in All Saints' Lanchester – 2021 and make sure the 'All' or 'Running' clubs option is ticked:



Our club page looks like this:



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Whenever you go for a run or a walk, please track the distance you travel using the app!

Press Record

CHOOSE RUN (whether you are walking or running otherwise the distance won't be added to our club) by clicking the picture of a trainer

Press Start (carry the phone with you and it will track your walk/run. You can also connect Strava to a GPS watch or computer)

Save your journey once you have finished and, if you have logged a 'run' it should automatically add your distance to our club's total

The Strava App will then show us a map of your run/walk and the associated statistics (how far you've travelled). It will also collate the data from every person signed up and we will be able to see how far we have run/walked as a collective group... hopefully we will hit our target of 200km per week or 1200km by the end of Lent! Each Sunday evening, the total will be reset so we will have a lot of walking to do in the first week between Ash Wednesday and the first Sunday of Lent! We will give daily updates on how we are getting on with meeting our challenge of travelling 200 kilometers collectively per week and you will also be able to see our progress on the homepage of our school website.

There is one important thing to keep in mind which is the current governmental advice that recommends only one outing a day of exercise outside of the home. As per Government guidance, we advise that you exercise with members of your household and our pupils should always walk/run with an adult for this challenge.

Please sign up and enjoy being active – let's see if we can complete a virtual pilgrimage from Whitby Abbey to Lindisfarne Priory, Holy Island via Durham Cathedral to visit the sites of our Northern Saints:

Aidan, Hilde, Bede & Cuthbert.

Remember to tweet us your progress @AllSaintsRC

Good luck!

Mrs. F. Stephenson

#GoTeamAllSaints!

#Aspirenottohavemorebuttobemore!

