

## FIVEMILETOWN PRIMARY SCHOOL AND NURSERY

### Principal

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Dear Parents,

This week in school assembly I talked to the children about the local junior parkrun in Fivemiletown. As many already know I often volunteer at the Round Lake junior parkrun, so I spoke to the children in assembly about the junior parkrun, the benefits in taking part and got everyone involved in some fun practical activities.

The junior parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. The junior parkrun is 2k, dedicated to 4-14 year olds and their families and friends of all ages, meeting every Sunday morning at 9.15am with a really fun warm up starting at 9.25am. The 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, staff and families connected to Fivemiletown Primary School and Nursery to come along together to the Round Lake junior parkrun in Fivemiletown on Sunday 10<sup>th</sup> May 2026. Our Staff have kindly agreed to volunteer at the parkrun. It will be an amazing experience to walk, jog, run or volunteer with so many friends at junior parkrun.

You can register for parkrun for free here - [www.parkrun.org.uk/register](http://www.parkrun.org.uk/register) (all volunteers and children taking part in the event need to register).

Here are details of the event:

- Address: Round Lake, Fivemiletown, Co Tyrone
- Every Sunday, at 9.30am, arrive at 9.25am, for the fun warm up.
- Meeting at the Lake House at 9.15am.
- If on any Sunday morning you are interested in volunteering, please go onto their Facebook page (Round Lake junior parkrun) and let the team know prior to the event or email the event team on [roundlake@parkrun.com](mailto:roundlake@parkrun.com) It is great fun and it is 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.

We hope to see as many of you as possible on Sunday.

Many thanks,

F Pryce