



**FRIENDS OF COXHOE PRIMARY SCHOOL**  
BELIEVING AND ACHIEVING TOGETHER

# The Big Run Roundup

We have raised £3092.02

By now I am sure that you are aware of The Big Run event that we held over the month of May. Lots of you took part in helping the children exceed the target we set them and we are elated at how well it has worked out.

In fact, we are so happy that we thought it deserved its own write up so that you can see how it has benefited the school and children.

## Fit 'n' Fun

At Coxhoe Primary we are lucky to have an outdoor space which can be utilised to promote a healthier lifestyle, positive wellbeing and allows for lots of fun.

The running track is often used during the school week by all of the classes to boost energy levels or even help blow some cobwebs away after a tricky lesson.

Some children love to zoom around it as many times as possible, whilst others will take a more leisurely pace. Either way everyone is able to get involved.

The Big Run provided children with a challenging target to reach and they definitely didn't disappoint. Collectively as a school they managed to run over 5000 laps which equated to 852.9 miles.

The bar has now been set, ready to beat next year!

## AV you seen our new equipment?

Our new Audio Visual equipment has now been installed and has been used by Class 8, Class 10, Class 11 and Class 5 to produce some fantastic assemblies.

We have had some super power point presentations which have included learning about some of their aspirations and the water cycle (which involved a very large confetti cannon).

The addition of this equipment is going to be a great asset that will be used for a variety of events:

- Film Nights
- Performances
- School Assemblies
- Parties

Not everyone will have had the chance to see the new system in action yet but rest assured you're in for a treat.

### **A shockingly good investment**

Work has now begun to source a defibrillator.

The government run a scheme which is specifically designed for schools, where defibrillators can be purchased at a subsidised price. This is currently our main line of enquiry.

Before one can be installed we need to carry out a risk assessment to determine the best location. The equipment needs to be easily accessible in the event of an emergency.

#### **Some facts about sudden cardiac arrest:**

- 270 children die in the UK every year after suffering a Sudden Cardiac Arrest at school.
- Without immediate treatment, 90-95% of Sudden Cardiac Arrest victims will die.
- If a defibrillator is used and effective CPR is performed within 3-5 minutes of cardiac arrest, their chance of survival increases from 6% to 74%.

I am sure you will agree it is going to be a valuable piece of equipment to have within school.

### **Pricey...but oh so worth it!**

As a reward for all of their effort every child in school received a one of a kind medal designed to commemorate their achievement.

We want the children to look back on their time at Coxhoe Primary School and remember amazing accomplishments such as this.

The medals cost a little more than normal, but the smiles and pride on the children's faces made it worthwhile.

We have taken on board feedback given at a PTA meeting and will consider all opinions for rewards at future events.

### **Community Spirit**

The event has been an invaluable way to get many different people from the community involved in achieving our goal. We managed to beat our target and "travelled" all the way to the North Pole thanks to the miles clocked up by Park Runs, Marathons and scenic village runs.

Special thanks to the running groups in the village who have helped spread the word and helped us to keep track of the miles, as well as boost them!

It is a part of the schools Ethos and Values to bring together the school and the wider community and we hope we can create many other opportunities for this to happen.

### **Fundraising Heroes**

We have been extremely lucky with the donations we have received, not only throughout this event but throughout the entire year. Our successes would not be possible without the support of families, friends and the community.

Thank You