



*Sacred Heart Catholic Primary School & Nursery*  
Headteacher Mr C Beazeley  
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Dear Parents/Carers,

8<sup>th</sup> May 2026

Your child has been selected to represent the school and take part in the 'Pentecost Dash' sport event at St Teresa Primary School, Rochford on **Thursday 21<sup>st</sup> May**. Your child will leave Sacred Heart by coach at 9:00 and will return to school approximately at 12:00 in time for their lunch.

*The Pentecost Dash is a 500M long running event.*

- Parents and carers are welcome to come and watch/support but must always remain in the spectator area. **No vehicles will be allowed to park in St Teresa school car park.**

Children must bring the following items:

- Come to school wearing PE uniform.
- Trainer must be worn
- Water bottles to keep fluids up
- Snack like bananas or dried fruit (NO NUTS)
- Warm and waterproof clothing for poor weather
- Sun hat and sun cream for good weather

If you are willing for your child to take part in the event, please give permission on MCAS so we know your child will be attending. If you have any difficulties or concerns or do not want your child to attend, then please contact the school office.

Kind regards,  
Mr. Jarvis

*Headteacher: Mr C Beazeley*  
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Southend-on-Sea