



Clacton County High School

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Higher Expectations, Raising Aspirations, Transforming Lives

4th June 2024

Clacton County High School Colour Run 2024

Dear Parent/Carer,

Your child has been invited to participate in the 'CCHS Colour Run' which will take place on our school field on Tuesday, 11th June from 3:30- 5 pm. The aim is not only to raise and maintain the participation levels of students in physical education and sport in a fun and unique way but also to raise money for our charity, Great Ormond Street Hospital.

The run will involve the students walking, skipping or running a course during which at checkpoints powder paint will be thrown from bottles at them; just like 'The Colour Run UK'. The paint is EU-regulated, non-toxic, and in powder form when it is thrown. The product consists of corn starch and an aromatic substance (details from the product website are listed below). Although the paint is non-toxic there is the possibility that some paint may be inhaled and get into eyes which may cause irritation. Please refer to the section; 'What to bring & course rules'.

*The basis of the powder consists of corn starch. Nevertheless, we do advise you NOT to eat the product, due to the fact that the powder is not produced with the same hygienic care as food. Inhaling the powder is not worse than inhaling dust and thus not dangerous. If you get powder in your eyes this might lead to eye irritations. The powder is not toxic to humans, animals or the environment. The product is biodegradable and washes off easily with water. **Ingredients:** All colours consist of corn starch and an aromatic substance. The colourants differentiate per colour. Aromatic substances: Lavender, Lavender oil, thee plant, sage, dill, 2-undecanone, chamomile, rosemary, rosemary oil, acetic acid. Colourants: E260, Red E124 / Green E102 E133 / Pink E122 / Yellow E102 / Orange E102 / Blue E133.*

While the run and activities are taking place the participants' belongings will be securely locked in our netball courts. Once the students have finished they will NOT be allowed back into the school and will be required to make their way home from the field. We then advise that if you intend to collect your child that you bring a towel or another type of protective cover for them to sit on to minimise the risk of any paint transferring onto your car seats.

There will be a variety of stalls, which all students will get time to move around and this will include a range of mini games to play if they don't want to spend any money.

The following activities will have small associated charges. It is advisable for students to **bring plenty of small, loose change** if they would like to take part in the stalls listed below:

- Face paint
- Tin can throw
- Lollipop Pull
- Wet sponge throw
- Water coin drop
- Penalty shoot out
- 100 numbers

Consents need to be completed and the sum of £3 paid via Arbor pay by Monday, 10th June at the latest.

The event will be organised and carried out by members of the Year 12 Sports Leadership group alongside members of the PE team.

What to bring & Course rules:

- Old clothes/trainers **BUT NOT PE KIT** (any white or light colours may leave slight paint residue)
- Sunglasses/fashion glasses to cover eyes are **COMPULSORY** (any runners without any glasses may be refused entry to the course)
- A drink
- Small change for stalls

Only people who have paid, and have completed the consent form may participate. Medical conditions **MUST** be listed on the consent form.

Please complete the following [consent form](#) if you wish for your child to take part.

Unfortunately, we will not be allowing any spectators to this event.

Yours faithfully,

Mrs J Heighway
PE Department & Year 12 Sport Leadership Team