

HENDON SCHOOL

Headteachers: Rhona Povey

Craig McGuire

Golders Rise, London NW4 2HP



Telephone: 020 8202 9004

Email: info@hendonschool.co.uk

Website: www.hendonschool.co.uk

'Learning Together Across the World'

5th June 2026

Dear Parents and Carers,

Daily Kilometre Challenge – A Fantastic Start!

This week we launched our **Daily Kilometre Challenge**, and what an incredible start it has been!

Every morning from **8:00am – 8:25am**, students and staff are invited to join us on the school field to complete **five laps of our 200m track**, equating to one kilometre. Participants can **walk, jog or run** at their own pace, making the challenge accessible to everyone.

The Daily Kilometre is a simple but powerful way to begin the day. Regular physical activity has been shown to improve physical health, boost mental wellbeing, strengthen social connections and enhance concentration in lessons. Starting the morning with movement helps students arrive in class energised, focused and ready to learn, setting them up for a successful day ahead.

We have been delighted by the enthusiasm shown so far. In just one week, students and staff have collectively travelled an incredible **344 kilometres** – the equivalent of travelling from **Hendon to Derby and well on our way towards Liverpool!**

The challenge will continue for the next two weeks, and we would love to see even more students taking part. Whether they choose to walk with friends, jog steadily or challenge themselves to run, every kilometre contributes to our whole-school total.

Our Next Goal

Next week, we are aiming to add **another 500 kilometres** to our journey. If we achieve this target, our total distance travelled will exceed **840 kilometres**, taking us all the way from London to the far north of Scotland!

The Daily Kilometre is open to all students and staff. Whether you walk, jog or run, every lap counts. We would love to see even more students joining us next week as we aim to add another 500 kilometres to our journey together.

Thank you for your continued support in helping us promote healthy, active lifestyles and positive wellbeing for all our students.

Yours faithfully

K Downing

Kirsty Downing

Assistant Headteacher & Head of PE

WE'VE TRAVELLED OVER 344 KM!

That's the distance from
Hendon School to...

LANCASTER!

And we're already heading
towards the Lake District! ♡

★
ALL TOGETHER,
WE CAN GO
**EVEN
FURTHER!**



TOTAL SO FAR:
344 KM
FROM HENDON
SCHOOL!

NEXT 150 KM
FROM DERBY TO
LANCASTER
150 KM
ON OUR JOURNEY!

START:
HENDON SCHOOL
NW4 2HP

JOURNEY SO FAR:
JUST OVER
344 KM
(as the crow flies)

FIRST 200 KM
= DONE!
HENDON TO DERBY
200 KM

NEXT 150 KM
= ONWARDS!
DERBY TO LANCASTER
150 KM

OUR JOURNEY
CONTINUES...
TOGETHER,
THERE'S NO LIMIT!
♡

LET'S GET
100 PEOPLE
OUT THERE
TOMORROW!

— FIRST 200 KM
= DONE!
— NEXT 150 KM
= ONWARDS!

THAT'S ANOTHER
150 KM ON OUR
JOURNEY!

🚶 TODAY: OVER 344 KM | NEXT GOAL: OVER 500 KM
TOGETHER, THERE'S NO LIMIT! ♡