



Colour Run - FAQ

The colour run will take place on Friday 4th July during lesson 5 (2-3pm) on the school field.

WHAT IS THE COLOUR RUN?

The run itself is a 3km dash - but it's completely up to the participant how they complete it. Whether you choose to run, jog, walk, or even crawl, everyone is welcome to join in. This isn't about competition; it's about inclusion, enjoyment, and community spirit.

WHY ARE WE DOING A COLOUR RUN?

The idea of doing a colour run was put forward by 3 of our students who want to raise awareness and money for a charity close to their hearts - Cancer Research UK. We have chosen this event because it is:

- Fun and Inclusive - *It's energetic and appeals to all ages and abilities. It's designed to be accessible to everyone, regardless of their fitness level.*
- Highly Engaging - *With colourful powder flying, laughter all around, and friends side-by-side, it feels more like a party than a fundraiser.*
- Positive and Uplifting - *Music, colour, and fun create a festival-like atmosphere, turning this event into a lasting memory.*
- Supportive of Wellbeing - *It encourages physical activity, fresh air, and positive social interaction - great for both mental and physical health.*
- Emotionally Impactful - *Our theme, "Bringing colour to the lives of others," connects directly with the life-changing work of Cancer Research UK.*
- Whole-School Involvement - *From students helping at colour stations to teachers and parents cheering everyone on, this is a true community event.*

DONATIONS

We kindly ask for a voluntary contribution of £6 per student (payable via ScoPay) - this will cover the cost of the event and raise funds for Cancer Research UK. However, this is a suggested amount and you can pay as much or as little as you like.

CAN WE RAISE MORE?

Yes! If your child would like to raise more money for the charity, they can fundraise and gain sponsorship. We have set up a 'Super Team' Just Giving page where all of the fundraising and sponsorship will be added to a grand total. The Just Giving page is linked [here](#).

DO I NEED TO GIVE CONSENT FOR MY CHILD TO PARTICIPATE?

No. If you do not wish for your child to take part, you must advise the school prior to the event. If your child changes their mind on the day, they can tell a member of staff they do not wish to take part. If your child is not participating, they will be supporting the event out on the field. This is part of the school day and we expect all students to participate if they are able.

WHAT SHOULD MY CHILD WEAR?

Ideally a white T-shirt as the colours show up best. However, like any other colour powder, they can stain so there is no guarantee it will come out in the wash. We advise your child wears clothing that they won't mind being more colourful after the event - they could run in an old school shirt if that is preferable! **Your child will also need to wear sunglasses or goggles for eye protection.** It is unlikely for powder to be thrown into their eyes but this eliminates the risk all together. Students can come into school in their PE kit bottoms (shorts, skirt or leggings and trainers) and wear the white T-shirt they will be running in. However, if your child is running in an old school shirt, they can wear their PE kit top during the day.

IS THE COLOUR POWDER SAFE?

The colour powder is safe for everyone to use. It is very important all students wear sunglasses or goggles. For a list of all ingredients and safety information, please click [here](#).

CAN I WATCH MY CHILD DO THE RUN?

Yes - there will be a designated area for parents / guardians to watch from on the mound behind the top car park. You may bring a picnic blanket if you wish to sit down. Please arrive from 2pm.

If the answer to your question is not on this sheet, please email: office@bishopfoxs.co.uk