



*'Our Best at all Times'*

Headteacher: Mrs Mitzi Nichol

19 March 2026

Dear Parents and Carers

On **Wednesday, 1 July 2026**, a Triathlon will be held at St Dunstan's College. The Triathlon will consist of a 75m swim, 800m bike or scooter ride and a 300m run. This event is non-competitive and will be inclusive for all abilities.

As there has been a huge interest from across the borough this year, we have been informed that only one year group from each school will be able to attend. To keep it fair, we have looked at different events across the school and have chosen Y5 to take part in this. Please note there will be no photographs taken on the day, so no consent is needed for this.

Details

**At:** St Dunstan's College

**Date:** Wednesday 1st July

**Time:** AM TBC

**Travel arrangements:** We will be travelling by bus (171)

Please can your child come in to school wearing their swimming costume and PE kit. They will also need to bring a towel and their school uniform or another PE kit to change into after the event. We are also asking children to come in with a healthy packed lunch on the day as timings are yet to be finalised. This should not include any fizzy drinks, sweets or products containing nuts due to the number of allergies in the school. Please ensure, if required, that your child has their asthma pump/Epipens with them just in case. Failure to do so may result in them being unable to take part in the Triathlon.

You child will **not** need to bring a bike or helmet to school as these will be provided.

If you wish your child to take part, please give permission via their Parent Pay account no later than **Friday, 1 May 2026**, as we will need to confirm numbers that are attending well in advance.

If there are any questions or you would like your child not to take part, please email me on [Y3@stillnessjs.lewisham.sch.uk](mailto:Y3@stillnessjs.lewisham.sch.uk)

Thank you for your support.

Miss A Curtis

PE Lead

