



Monday 16th March

Dear Parents and Carers,

This March, a deputy headteacher from Discovery Trust, will push his physical and mental limits to shine a spotlight on one of the most pressing issues facing young people today: mental health.

Over the course of three days - Wednesday, March 25th to Friday, March 27th - Liam Collins, who is deputy headteacher at Captains Close Primary School in Ashfordby, will attempt to run a gruelling route connecting every single school within the Discovery Schools Academy Trust. The scale of the challenge is immense. Each day, Mr Collins will cover a distance equivalent to an ultramarathon, totalling three ultramarathons in just 72 hours.

The journey kicks off at Uppingham Community College on Wednesday at 9am and is scheduled to reach its triumphant conclusion at Birch Wood Special School on Friday at 3pm.

Throughout the event, Mr Collins will maintain a rigorous pace to visit six different schools every day. For Mr Collins, the miles are only half the story; the true goal is to spark vital conversations within the school gates.

We will be welcoming Mr Collins to Danemill on Thursday 26th March as his last stop of that day. We are excited to be lining Mill Lane to cheer him on to the completion of day 2.

At every stop, Mr Collins will:

- Join the children for laps around their own playgrounds
- Advocate for openness, encouraging children to be honest and proactive about their mental well-being
- Build a supportive community that bridges the gap between physical activity and mental health awareness

Mr Collins said: "I want to build a community and raise awareness and funds for Young Minds."

He is undertaking this feat to raise essential funds for [YoungMinds](http://YoungMinds.org), a charity fighting for a future where all young minds are supported and empowered, whatever the challenges.

You can support Mr Collins by donating via his JustGiving page at www.justgiving.com/page/liam-collins-1.

Yours sincerely,

Mrs L Hackett
Headteacher



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Danemill Primary School

Only the best is good enough.

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