

1 MAN 100K 1 DAY



Dear Parent(s)/Guardian(s),

Today we announce the relaunch of our 'Astro Pitch Appeal' with the 100K4100K CHALLENGE. As you are aware, Scoil Naomh Eoin launched the 'Astro Pitch Appeal' in February 2020. The goal of the appeal is to raise €100,000 to build an Astroturf Pitch and Running Track around the perimeter which will provide additional year-round playing space for the pupils of Scoil Naomh Eoin. In a few short weeks we raised €10,000 towards the appeal before Covid-19 brought our fundraising to a shuddering halt. The call went out to the school community to come up with ideas for a socially-distant, Covid-compliant fundraising events and that call was answered by Mark Milligan. Mark is a parent of three children in Scoil Naomh Eoin and he has challenged himself to run 100km in just one day on Saturday 5th December 2020!

A Parents' Committee and the Parents' Council thought of a number of ways the community can get behind Mark in his 'Superhuman' challenge and help raise some much needed funds for this worthy cause! The organisers have set up a dedicated website www.100K4100K.ie and a Facebook page for the event to enable people to get behind Mark and donate.

Here's how you can get involved and show your support!

Pupils of Scoil Naomh Eoin

Each child will be asked to set themselves a challenge for the next 4 weeks and raise sponsorship from family and friends which will go towards the event. The eldest child in each family will receive a sponsorship card and a leaflet with some suggestions of challenges they can set themselves. Donations can be made online through the event website or monies can be dropped into the school.

There will be selection boxes and a Movie Day for the class that raises the most sponsorship. Each child in the class will be entered into a draw for some great spot prizes.

Staff of Scoil Naomh Eoin

The staff of Scoil Naomh Eoin are also answering the call and dusting off the running shoes. We will complete a 100km relay around Killenard on the same day and collect sponsorship from our nearest and dearest.

Past Pupils & Community of Killenard

Why not take on a 4-week challenge yourself? Visit the website www.100K4100K.ie where you can donate and sign up to a personal challenge of 5km, 10km or a half marathon. By signing up you will receive a 4 week training pack and you can train virtually alongside Mark. You can do it!

Virtual Concert 5th December

This is open to young and old. If you fancy showing off your musical or singing talents, simply email Killenard100K4100K@gmail.com with your name, contact details and title of your performance. Event organisers will be in touch and Eimear from Club Ceoil will compile the performances into an online concert which will be broadcast on the event website on the night of the 5th December. Concert tickets will go on sale through Eventbrite closer to the date.

Promotion:

The event will be promoted through local media and we ask you to lend a hand in raising awareness by sharing the event website www.100K4100K.ie and social media pages.

WWW.100K4100K.IE

Why are we doing this?

As you may be aware, in recent years the school has been awarded both the Active Schools Flag and the Amber Flag in recognition of our efforts to teach our pupils about the benefits of living an active healthy lifestyle and our efforts to create a healthy, inclusive environment that supports mental wellbeing.

We, as a school, take a holistic approach to pupil wellbeing catering for their physical, mental, emotional and spiritual development. It is our belief that the school environment plays a significant role in promoting wellbeing and it is with this in mind that we are seeking to improve our school grounds. We are immensely proud of our school but as you can see from the picture below playing space is very limited during the winter months as our current pitch is unplayable. The provision of an Astroturf Pitch and Running Track around the perimeter would provide a playing space for all children all year round.

On behalf of the pupils, staff and Board of Management of Scoil Naomh Eoin we wish Mark every success in his challenge. We sincerely thank the event organisers and all those who have donated thus far for your unwavering support of our school.

Please support Mark and the event in any way you can!!

Le gach dea-ghuí,

Stephen Donovan

