## The Blundell 5Km Challenge

The 5Km Challenge has been set up for Blundell students in Years 7 to 11 to try and support their mental health and well-being. To take part, students can run, walk or cycle the 5 Km. Students could also get their family involved. If you wish to participate, send a copy of your route, and a picture of you doing the Challenge, to the School's Twitter account. Blundell staff have also been encouraged to take part.

This is replacing the Blundell Bake Off this year. The money collected will go towards a chosen charity linked to the NHS, or Black Lives Matter.