



LIONEL WALDEN PRIMARY SCHOOL



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Dear Parent/Carer

24th April, 2017

An Invitation for All Pupils to join The Daily Mile

Following discussion and feedback from pupils, parents and staff during our recent Healthy Week, we have decided to trial 'The Daily Mile' this term and offer the opportunity to all pupils. The idea behind The Daily Mile is very simple. Children go out in the fresh air to run, jog or walk for fifteen minutes. It is not competitive; most children will average a mile in that time, with some doing more and some doing less. It is not PE, sport or cross-country but a physical activity which is aimed at improving the children's physical, social, emotional and mental health and wellbeing. It can help children to focus and concentrate in the classroom and raise their attainment.

Initially, this will be on Tuesdays and Thursdays commencing **Thursday 27th April**. In the event of inclement weather, please assume that the event will not take place and children should arrive, as normal, between 8.45 am and 8.55 am. Pupils will need to assemble on the playground no earlier than 8.25 am ready for an 8.30 am start. The children will be fully supported by members of staff and they will be encouraged to participate to the best of their ability whether walking, jogging or running around the school field for a fifteen minute period. Children wear school uniform - no time is wasted changing into PE kit. The only requirement is that children wear appropriate footwear (outdoor trainers). They will need to have their school shoes with them in a named bag to change into before entering school. The school building will not open until 8.45am as normal. On Wednesday 26th April, during the school day, we shall have a practice session for pupils so that they will have a clearer understanding of how it will operate.

The Daily Mile initiative was started in 2012 by Elaine Wyllie, who was then Headteacher of a large Scottish Primary school in Stirling. In 2016, the UK government's Childhood Obesity strategy identified and supported The Daily Mile's contribution towards the recommended hour that children should spend taking daily exercise in and out of school.

As a school we are really excited about this new initiative and we are looking forward to the benefits it will bring. Please visit www.thedailymile.co.uk for further information.

Please do come in and speak to a member of the teaching staff, if you have any questions.

Yours sincerely

S A Barnard-Taylor
Headteacher

