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Dear Parent/Carer

4th October, 2017

An Invitation to Come and Join The Daily Mile

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.

The idea behind The Daily Mile is that 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.

We trialled the 'The Daily Mile' twice a week from April and then, from September, it has been a daily event open to all pupils. Now the pupils are familiar with the routine, we are inviting parents/carers to participate alongside them. Those willing to participate should assemble on the playground no earlier than 8.25 am ready for an 8.30am start. The school building will not open until 8.45am as normal. Everyone will be fully supported by members of staff and will be encouraged to participate to the best of their ability 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. During the next few months, the activity will take place on the playground rather than the field. 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.

As a school, we are keen for our pupils to participate and gain from this additional exercise session. Please visit www.thedailymile.co.uk for further information.

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

Yours sincerely

S A Barnard-Taylor

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Headteacher