

Halsnead Primary School

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Strive to Achieve



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Dear Parent or Carer,

We wanted to let you know a little bit about The Daily Mile™, a new initiative we are adopting.

What is The Daily Mile?

The Daily Mile is simple and free and gets children out of the classroom for fifteen minutes, 3 days per week to run or jog, at their own pace, with their classmates, making them fitter, healthier, and more able to concentrate. Children can occasionally walk to catch their breath, if necessary, but should aim to run or jog for the full fifteen minutes.

Thousands of children across the UK are jogging or running with their classmates in the safety of their own playground. Everyone has fun taking part, it is not P.E. and it is not competitive. It also helps to build relationships, confidence and resilience. This can be summed up in the Five F's:

1. Fitness — children become more aware of a healthy lifestyle.
2. Fresh air — children thrive on the sights, sounds and seasons.
3. Friends — children use the language of friendship to support each other, improving their social and leadership skills.
4. Fun — children enjoy taking part (this is what makes The Daily Mile so successful).
5. Focus — daily physical activity helps children concentrate in the classroom and is proven to raise attainment.

If you like, you can support this at home, by both encouraging their confidence in running and moving outside with them, out of school hours. Parents often say that The Daily Mile helps children to eat and sleep better and that often they become young ambassadors for whole family fitness!

With kind regards,

Mr Doherty

www.thedailymile.cymru

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