

27 February 2018

Dear Parents/Carers,

We are pleased to inform you that The Laurels is now participating in 'The Daily Mile'.

The Daily Mile is a fun, simple and inclusive activity that improves the physical health and wellbeing of pupils and can also boost academic performance. Without wasting time to change into PE kit, every child in the school/nursery goes out in the fresh air each day to run, jog or walk for 15 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. Since 2015, The Daily Mile has been adopted by over 1,600 schools in the UK alone, proving extraordinarily popular with thousands of children, parents and teachers. The initiative is also attracting strong overseas interest, with both Belgium and the Netherlands launching nationally in 2016.

THE DAILY MILE WORKS...  
**FOR CHILDREN**

It improves physical, social, emotional and mental health and wellbeing.

It is fun, friendly and social - this is vital and ensures sustainability.

All children are included and all children succeed.

Children with SEN or ASN benefit greatly from taking part in The Daily Mile.

It's not a race or a competition - this is not cross-country or sport.

It is a mixed activity across the Primary age range - nursery to 11.

Children enjoy a sense of freedom outside in the fresh air.

Different age groups and classes can do The Daily Mile together.

It reduces anxiety and stress.

It helps to build relationships.

Children know they are healthier and are proud of their fitness.

THE DAILY MILE WORKS...  
**FOR TEACHERS & HEADTEACHERS**

It's health and wellbeing, not PE.

It takes only 15 minutes from leaving the classroom until returning.

The class runs every day, ideally at a time when the teacher decides it is suitable.

There is no equipment, training or staff development needed.

Children run in their school clothes - no time is lost waiting while they change into kit.

Focus, concentration and behaviour are improved.

Children are fitter so can access and succeed at PE more readily.

Children return to class refreshed, energised and settle quickly to work.

It is sustainable over the entire session and for years to come.

Aspects of the curriculum can be incorporated in simple and interesting ways.

THE DAILY MILE WORKS...  
**FOR PARENTS**

It meets the needs of childhood - freedom, fun, fresh air and friends.

It takes place in a safe and secure environment.

Children are noticeably fitter - usually only 4 weeks after starting to run regularly.

It helps to reduce obesity and improves general health outcomes.

No need to transport children to clubs or events and it is free.

It prevents children being too sedentary and encourages physical activity out of school.

Children develop greater resilience and confidence.

Enhanced attainment is linked to increased physical activity.

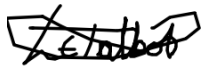
It helps to make children feel happy.

Many children will sleep and eat better.

As a school we are really excited about this new initiative and we are looking forward to the benefits it will bring to your child. To find out more about how it all works please visit: [www.thedailymile.co.uk](http://www.thedailymile.co.uk) and do not hesitate to get in touch if you have any questions.

Kind regards,

Miss Talbot



(Class Teacher & P.E. Coordinator)

