

12th April 2017

Dear parents/carers,

Daily Mile – Keeping children fit for life

As part of our mission to become an increasingly active school, as of Summer Term (week beginning Monday 24th April), ALL Key Stage 2 children will be taking part in the daily mile!

The daily mile is a nationwide initiative, where children either run, or walk, a mile each day.

Our daily mile will take place from 2:15pm to 2:30pm every day.

We recommend that your child brings a pair of trainers that they can leave in school each day, ready for their daily mile. However if your child does not bring trainers, they will still complete the mile in their school shoes.

The mile will be made up of two laps around the perimeter of the school, unless the field is too wet, in which case the mile will be the appropriate number of laps around the KS2 playground.

We hope that this will encourage children to become active, healthy members of our community whilst continually improving their fitness and stamina.

Many thanks for your continued support,

Miss Phillips
Sports Leader