



Dear Parents/Guardians

This term we have been encouraging all the children to try to walk a **MILE** a day. At school they are able to walk around our football pitch. To achieve their **MILE**, they are required to do 11 laps of the pitch. This does not have to be done in a single session but can be divided up into smaller chunks i.e. 2 laps before school, 4 laps at break time then 5 at Lunchtime. All the Children seem to have enjoyed reaching their goal of a **MILE** a day.

I know that many of our pupils are already very active so may feel they do not need to do their Mile, but it is always a good habit to get into. It would be really good for them to try to maintain this during their holidays. It is amazing how easily we can accumulate a **MILE** of exercise each day by simply walking more. Please could you try to encourage this as much as possible and perhaps even join them.

It is important to keep active so riding a bike, using a scooter, surfing, swimming, a short jog or walk, taking the dog for a walk or some more formal sport may be the answer. Please encourage your Children to get ACTIVE and get some fresh air.

"Physically active children and young people perform better academically than their inactive peers and those who are most active benefit the most."

Dr Richard Bailey, International Council of Sport Science and Physical Education

"Recently, it was revealed that UK children are now the most overweight in Europe, and activity levels are worryingly low. Combine this with record levels of mental health issues in children and young people and it is clear that, as the adults responsible for the health of our nation's children, we must act now. If not us, then who? If not now, then when?"

Elaine Wyllie, Founder of The Daily Mile



N.Osborne.
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