



Crudgington Primary School

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20th May 2022

Dear Parent/Carer,

The Daily Mile

We are very excited to announce that we have signed up to 'The Daily Mile' challenge. The Daily Mile is a simple way to ensure all children take part in regular exercise. In school every class will go out each day in the fresh air to run or jog at their own pace for 15 minutes.

It is not competitive, though some will compete, and that is fine. Most children will average a mile in the 15 minutes, with some doing more and some doing less. It is not PE, sport or cross-country but physical activity in a social setting which is aimed at improving the children's physical, social, emotional and mental health, and wellbeing. The children run in their ordinary school clothes with trainers being ideal but not essential. It can help children to focus and concentrate in the classroom making them more learning-ready. And most importantly, the children really enjoy it. Since 2015, The Daily Mile has been adopted by almost 8,000 schools in the UK alone, proving extraordinarily popular with thousands of children, parents and teachers. The initiative is also attracting strong overseas interest, and schools have signed up in over 78 different countries. Globally, it has been adopted by over 11,000 schools.

We would like to introduce The Daily Mile for all the children in Crudgington and ensure its health and wellbeing benefits are available for everyone. As a school we are excited about this new initiative and we are looking forward to the benefits it will bring to the children. To find out more about how it all works please visit: www.thedailymile.co.uk.

Please do not hesitate to get in touch if you have any questions.

Kind regards

Mrs Garu