



Stradbroke Primary School

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Headteacher: John Sitch

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The Daily Mile

Dear Parents / Guardians,

From today, the whole school has started to undertake the Daily Mile initiative. The Daily Mile is a social physical activity, with children running or jogging – at their own pace – in the fresh air with friends (usually straight after morning break time). Children can occasionally walk to catch their breath, if necessary, but should aim to run or jog for the full allotted time. Initially in our school this will be for 5 minutes, with the aim to increase this up to 10 and eventually 15 minutes when the children have built up their stamina.

The aim of the Daily Mile is to improve physical, social, emotional and mental health and wellbeing for all of our children. The Daily Mile makes children fitter, healthier, happier and has a positive impact on their behaviour and concentration levels when back in class. It is simple and effective, enabling every child, including those with special needs, to be active every day.

I hope you agree that this is a very positive step the school is taking and join us in encouraging your children to partake in the Daily Mile each day. For further information, or to find out more about the benefits, please visit thedailymile.co.uk.

Yours Sincerely,

Mr John Sitch
Headteacher

