

24th January 2019

Dear Parent/Carer,

Newton Road School is proud to announce that we will be joining the Daily Mile Movement which has successfully been spreading across the U.K. and Europe.

The purpose of this initiative is to promote the physical, emotional and social wellbeing of our children – regardless of age or personal circumstances.

The concept behind the Daily Mile is quite simple. Without wasting time to change into kit, every child in the school or nursery goes out each day in the fresh air 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 P.E., 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.

We would like to introduce The Daily Mile for all the children at our school and ensure its health and wellbeing benefits are available for everyone. We will be rolling out this exciting new initiative from next week.

Schools that are already involved say that they really value it. Teachers say that the children benefit from being outside in the fresh air, running with their friends. It supports classroom learning and it improves the children's confidence, concentration and behaviour.

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/children. To find out more about how it all works please visit: www.thedailymile.co.uk.

Kind Regards

Mr Matt Butler