



**MARTON-CUM-GRAFTON**  
CE VA PRIMARY SCHOOL

Dear Parent/Carer,

You will probably be aware of recent concerns nationally around physical inactivity and childhood obesity. Our Year 5/6 sports leaders have decided that they would like to help the children in our school to get fitter and help them to focus better in class by introducing The Daily Mile.

The Daily Mile contributes towards the recommended hour that children should spend taking daily exercise in school. The Daily Mile is very simple to start in a school. Every child in a school or nursery goes 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 and raise their attainment. And most importantly, the children really enjoy it.

Since 2015, The Daily Mile has been adopted by almost 3,000 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 40 different countries. Globally, it has been adopted by over 5,000 schools.

As a school we are 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](http://www.thedailymile.co.uk) or see <https://www.bbc.co.uk/news/uk-scotland-44053387> Please do not hesitate to get in touch if you have any questions.

Kind regards,

Marie-Louise Thirlaway and Y5/6 Sports Leaders

**ASPIRE • BELIEVE • ACHIEVE**