



# ST. ANDREW'S CE (VA) JUNIOR SCHOOL

Promoting excellence within a caring, Christian community

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AJ/ES

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## The Daily Mile



Dear Parents/ Carers,

We want our children to be fit for life and fit for learning and for this reason the children have started the Daily Mile this week. The Daily Mile encourages the children to run or jog for 15 minutes every day in school. It is designed to be a sociable physical activity which promotes social, emotional and mental health and wellbeing, as well as fitness and has been shown to improve focus in the classroom.

The children will be running outside in the fresh air during the afternoon session. This will replace their afternoon break time. Children can run in their school clothes as no special kit or equipment is required. As children have their PE kits in school they can, if they wish, change into their trainers. Their school shoes should be suitable for them to run around during break time and so, we feel, should be suitable to run around for the Daily Mile.

Pupils are able to set themselves targets in their aim to be able to run a mile within 15 minutes. This equates to approximately 8  $\frac{1}{2}$  times around the playground. Studies have shown that after four weeks the Daily Mile produces transformational change in participating children. They are physically fitter, more focused in the classroom, more confident and more resilient. It is not competitive and the children set their own pace.

**Every pupil in school should bring in a clean water bottle each day.** They can fill these up throughout the day if required. Please encourage your child to bring these in every day, particularly as we move into the warmer months.

PTO

Some common questions asked and their answers:

- **Do the children need a special surface or running track?**  
No special surface is needed to do the Daily Mile. We have decided however, that we want the children to be able to have more space, particularly during the colder months and therefore will be installing a running track on the school field in the near future.
- **What about my child's footwear?**  
School footwear should be suitable for active play. Their school shoes should be suitable to run in. Children can change into their trainers if they wish.
- **Won't the weather be a problem?**  
Teachers choose when to take their class outside. They use a common sense approach. Children wear clothing appropriate to the weather- jackets on if it's cold or damp, sweatshirts off if it's warm. This sensible approach helps build resilience in children.
- **Won't it take time out of a busy curriculum?**  
The Daily Mile is quick. It happens in a 15-minute turnaround. It has been shown to raise attainment, improve behaviour and self-esteem and improve pupil focus.

If you are interested in finding out more you can find more information at <https://thedailymile.co.uk/> .

If you have any questions or feedback please do not hesitate to contact me.

Thank you as always for your support.

**Mrs A. Jocelyn**  
Deputy Headteacher