

Willow Tree Community Primary School



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Headteacher: Dr Helen Davey

8th October 2018

Dear Parent/Carer,

This half term we have successfully trialed The Daily Mile with all classes in school. We are extremely excited to let you know The Daily Mile will become part of our daily routines in school for this academic year.

The Daily Mile is simple and free and gets children out of the classroom for fifteen minutes every day to run or jog, at their own pace, with their classmates, making them fitter, healthier, and more able to concentrate in the classroom.

Some of the core principles behind The Daily Mile are it is simple, quick, fun and inclusive. Children stay in their school clothes but can change their footwear if they would prefer. The weather is to be treated as a benefit not a barrier although if it becomes extreme, The Daily Mile will not take place and instead, children will do something active in their classrooms.

For more information about The Daily Mile, please visit their website found below.

www.thedailymile.co.uk

Many thanks,

Jo Martin