



**St. Mary's Church of England VC Infant School**  
**'Sharing, caring, learning and loving with God'**  
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Headteacher: Mrs Claire Gunn BA (Ed)

Deputy Head: Mrs Bev Waldwyn B.Ed

14th May2019

Dear Parents

At St Mary's Infants we run the daily mile which is aimed at improving both the physical and mental fitness of the children and staff. The children go out for 15 minutes, on at least 3 days a week, to improve their fitness by running around the playground or, weather permitting, the field. The aim is that they will be able to increase how far they can go as their fitness improves.

The Daily Mile has numerous benefits to children, whether they run, jog or walk;

- 1 Within 4 weeks, children who do The Daily Mile become fit.
- 2 The 15 minute break from lessons is invigorating and leaves children (and teachers!) more focused and ready to learn.
- 3 The time spent outside, in all weathers, helps children become better engaged with the outdoors and aware of their surroundings.
- 4 The Daily Mile is non-competitive, fully inclusive, and the children have fun!
- 5 The Daily Mile is also a social occasion, and improves relationships, giving children the opportunity to talk to their peers and teachers in a way they might not in the classroom.
- 6 The Daily Mile builds teamwork and leadership skills, with children helping and encouraging their peers.
- 7 Children bring the benefits home, eating and sleeping better and encouraging their families to get active together.
- 8 The Daily Mile builds self-esteem and confidence, improving children's perception of exercise for life.
- 9 The Daily Mile is critical to reducing childhood inactivity and obesity. Children are getting fatter, younger, and we need to stop this in its tracks.

We would like to invite you to run the daily mile with your child on the 7th June at 2.30. The PTA has very kindly offered to organise food and drink that can be purchased during the event.

So that we know how many people to expect please complete the attached slip and return to your child's teacher.

Many thanks

Mrs Thomas

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**Family daily mile on 7th June 2.30**

**Child's name:** \_\_\_\_\_

**Number of adults attending:** \_\_\_\_\_