



about The Daily Mile

Dear Parent/Carer,

You may be aware of concerns around physical inactivity and childhood obesity. The Daily Mile is a simple, fun and effective way to improve children's basic fitness and overall health.

The Daily Mile is an initiative which was started in February 2012 by Elaine Wyllie MBE, who was a primary school teacher. She noticed a lack of fitness and introduced The Daily Mile, which proved to be effective in reducing physical inactivity and obesity in her school. The result was that, in November 2015, the Scottish Government wrote to every Scottish primary school to recommend that they implement the scheme too. In addition, both Public Health England and the Department of Health's Childhood Obesity strategy have acknowledged the benefits of the Daily Mile. It is a 15-minute daily exercise routine that children should spend taking daily exercise in school.

The Daily Mile is very simple to start in a school. Every class 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 a daily routine that benefits children's physical, 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 making them more learning-ready. And most importantly, the children really enjoy it.

Since 2015, The Daily Mile has been adopted by almost 8,000 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 78 different countries. Globally, it has been adopted by over 11,000 schools.

We would like to introduce The Daily Mile for all the children in [school's name] and ensure its health and wellbeing benefits are available for everyone and I would like to invite you to a presentation about it at [time / date / venue]. As a school we are excited about this new initiative and we are looking forward to the benefits it will bring to the children. To find out more about how it all works please visit: www.thedailymile.co.uk We look forward to welcoming you to the school and please do not hesitate to get in touch if you have any questions.

Kind regards,

William Russell

William (William) Russell
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