

**Give your staff
the tools to
help them
meet the
needs of their
diverse
classrooms!**



**Are your
students reaching
their potential?
The Daily Mile
helps all students
succeed!**

Large classes with diverse groups of students create challenges for teachers. Help them help their students be successful.

As principal, Katie F. knows that every precious minute of the school day can make a difference in a child's education. She knows that every student presents a unique challenge for her teachers. Kids with home life issues, compromised health, and school pressures walk thru the school doors daily. As a leader, it is Katie's job to make sure her staff has what it takes to meet the needs of all children. Introducing The Daily Mile to the school community helped build a culture of caring. Students were more engaged and better behaved, leading to better learning outcomes. Improved self-esteem and confidence have led to increased determination. The Daily Mile helped Katie's students and staff to experience more daily victories.

Contact Us

**281-535-6820
team@thedailymile.us
www.thedailymile.us**

What is The Daily Mile?

The Daily Mile is a FREE, simple, sensible program. It's a fun, social 15-minute exercise and brain break during curricular time. It's been proven to improve the physical, social, emotional and mental health, and wellbeing of our children - regardless of age, ability or personal circumstances.

How do I get The Daily Mile for my students?

Introduce The Daily Mile as an intervention at your next staff meeting. The whole school change for the whole child begins with one or two teachers. Begin a Daily Mile pilot today!



Build better relationships with your students!



Do all of your
teachers have built
in time to get to
know their
students?
The Daily Mile is
that time!

Creating a positive relationship with teachers helps students feel safe in class. As a result, students are more engaged and academically successful.

The book slams shut! "Shut up and quit talking to me!" Boom! The door closes! Students with emotional disabilities present difficult challenges for the whole class.

Ms. S is an assistant principal. She works with students and staff to reduce the fallout from emotional outbursts. She knows that leveraging classroom relationships is key to getting classes back on track and learning. The Daily Mile is a proactive solution that meets the needs of the whole child. It is 15 minutes in which students and staff can build relationships. It helps avoid or deescalate volatile moments.

"When I have worries, I share them with my teacher and she gives me good advice on how to take my mind off it and think positively," said one student.

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Improve the mental and physical health and wellbeing of your staff and students!



Healthier students and staff make learning a more positive experience.

The sun has not yet risen on another new day for Assistant Principal, Karen T. Part of the early morning routine is the mad dash to make sure all classes are covered. The grind of the school year takes a physical and mental toll on overall health and wellness of her teachers and students. How could she make her school a healthier place?

The Daily Mile provided a fast and free health intervention. Teachers, teaching assistants and students reported feeling more fit when they began running The Daily Mile. Stress levels decreased. Karen was thrilled. "The program is so simple to organize within an elementary school setting and has such a positive impact on physical and mental wellbeing." The school environment is healthier and all involved see the benefits..

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Do your staff and students struggle to stay healthy?
The Daily Mile improves physical and mental health for all involved!

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Make time to increase school morale!



Do you want
your staff and
students to know
they are valued?
The Daily Mile
is a way!

Children deserve an excellent education and quality teachers in the classroom. Make sure both students and teachers feel valued so both will perform at the highest level.

Principal Gail T's entered education because she cares about children. But teaching has changed over the years. It feels like it's less about developing students and more about paperwork. And she's aware that she is not the only one in her building feeling overwhelmed by the change in the profession. Gail would do anything to give her staff a daily reminder of why teaching children is the best profession in the world. She knows that teachers thrive in environments that promote students achieving their potential.

The Daily Mile helps unlock that potential. In 15 minutes a day, teachers connect with their students outside the rigors of the classroom. The daily smiles, laughs, and conversations lead to something bigger. The healthy relationships they're building help pave the way toward academic success. Gail is thrilled to support The Daily Mile. "Educating children holistically ... this has got to be one of the best initiatives I have seen in 30 years."

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Increase the self- esteem of your students!



Want your
students to feel
better about
themselves?
The Daily Mile has
children feeling
happy!

Students with healthy self-confidence levels have less anxiety, are more motivated, and have better relationships.

The third grade was difficult for Louie. He often struggled with anxiety and making friends. But once his teacher introduced the class to The Daily Mile, Louie 's life improved.

Running has increased his self-confidence. It's shown him that he can achieve goals. He feels better physically, his stress levels have reduced and running helps him to feel more calm. The 15-minute daily brain break has even helped him make a few friends. "I enjoy it because I feel good about myself now."

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