[Date]

Dear [School Administrator],

With your permission, I would like to implement The Daily Mile at our school. By implementing The Daily Mile in our school, we can:

* Improve engagement in academic learning and achievement
* Decrease behavioral issues
* Engage in social-emotional learning
* Boost school morale and school connectedness
* Take care of our staff and promote teacher wellness

The Daily Mile is a free, safe, all-inclusive initiative that improves the physical, mental and social health of our students. Teachers and students feel better. Student engagement improves and relationships grow. The Daily Mile takes us outside for 15 minutes a day to have fun while socializing during a walk, run, jog, or roll. No lesson plan, special equipment, training, or resources are required for our students to experience all the benefits of this great program.

Teachers across the nation highly recommended the program when students need to burn off excess energy, are having trouble focusing, and before diving into difficult subject matters. The Daily Mile is a gap-closer. It helps all children experience success.

As our school administrator, you benefit from knowing that The Daily Mile fits in with School Health Guidelines, the National Health Education Standards, the School Health Index, and the Whole School, Whole Community, Whole Child Model. Furthermore, The Daily Mile is the perfect addition to Physical Education as we strive to help our children establish positive habits that will last their lifetime.

How wonderful would it be for the children in our school to be part of the other three million children worldwide who are doing The Daily Mile? We can implement the program immediately and discontinue at any time.

I hope to sign up our school for this great program so we can transform the lives of our students and help our school flourish. We can sign up at [www.thedailymile.us/school-signup/](http://www.thedailymile.us/school-signup/). If you have any questions, please contact The Daily Mile Program Director Bill Russell at [williamrussell@thedailymile.us](mailto:williamrussell@thedailymile.us).

Thank you for your time and consideration,

Sincerely,

[Name]

