



WE'RE A DAILY MILE SCHOOL

Hello Parents & Guardians!

Our school is so excited to join a global movement to keep our students happy and healthy! We have started a new physical activity initiative called The Daily Mile. Teachers will take students outside to run, walk, jog, or roll for 15 minutes a day throughout the school week. Students can move at their own pace, but are encouraged to run when possible. Research has proven that this simple activity ...



Increases Fitness



Boosts Mental Health



Improves Concentration



Builds Relationships

Please help your child experience all the wonderful benefits of The Daily Mile by ensuring s/he is dressed comfortably for running outside.

Thank you for your support as we work together to improve the health and wellbeing of our school family!

