

Teacher Wellness Study

Overview

The Daily Mile incorporates regular exercise into the lives of schoolchildren. The program is simple and has shown positive effects on the physical health of children. Some studies suggest that The Daily Mile has additional benefits for both children and teachers. We aim to assess its impact on teacher wellbeing and student cooperation in the US, the UK, and Ireland.

Requirements

- At least one teacher per school will implement The Daily Mile. The Daily Mile is simple and free. It gets children out of the classroom for fifteen minutes every day to run, jog, walk, or roll at their own pace. They go with their teachers and classmates. The Daily Mile makes them fitter, healthier, and more able to concentrate in the classroom. It also provides a time for teachers and students to make connections.
- We'll ask participating teachers to complete two questionnaires. We'll send one prior to the implementation of the program. We'll send the second about 3 months after the program has been put in place. The questionnaires will take less than 15 minutes for a total commitment of about 30 minutes.

We intend to conduct this project in the **fall of 2024**. All of the data will be analyzed by faculty at the University of Florida in the US. Protocols to protect participants will be in place and approved by the University of Florida. We hope to have >1500 teachers participate across the three countries. Analyzed data will not identify anyone and will only be reported in aggregate form.

What We Will Learn

We hope to learn about benefits to teachers for this simple, free program. This study will help us to understand if it contributes to the wellbeing of teachers and helps them feel more effective in the classroom.