



11<sup>th</sup> January 2019

Dear Parent/Carer,

You will probably be aware of recent concerns around physical inactivity and childhood obesity. As they go through primary school, many children put on weight and, across the UK, around 35% of pupils in Year 6 are categorised as overweight or obese. In addition, many 10-year olds lack basic fitness.

The Daily Mile is an initiative which was started in February 2012 by Elaine Wyllie, who was then headteacher of a large Scottish primary school. She was concerned by the children's obvious lack of fitness and went on to prove The Daily Mile to be both sustainable and effective in combatting 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, in August 2016 the UK government's Childhood Obesity strategy identified and supported The Daily Mile's contribution towards the recommended hour that children should spend taking daily exercise in school.

The Daily Mile is very simple to start in a school. Every child in a school or nursery goes out each day in the fresh air for 15 minutes. It is not competitive. Most children will average a mile in the 15 minutes. It is not P.E., sport or cross-country but physical activity in a social setting which is aimed at improving the children's physical, social, emotional and mental health, and wellbeing. The children walk in their ordinary school clothes with **trainers/wellies being ideal**. **Please name footwear and send in a named bag**. It can help children to focus and concentrate in the classroom and raise their attainment. And most importantly, the children really enjoy it.

Since 2015, The Daily Mile has been adopted by almost 3,000 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 40 different countries. Globally, it has been adopted by over 5,000 schools.

We would like to introduce The Daily Mile for all the children in **Coomb Briggs** and ensure its health and wellbeing benefits are available for everyone. As a school we are excited about this new initiative and we are looking forward to the benefits it will bring to your child/children. **This will commence on Monday 14<sup>th</sup> January 2019 and will take place every Monday and Friday afternoon subject to weather.**

(Please ensure your child/children have a coat and a change of shoes would be ideal, as we will be walking on the field. It will be completed just after lunch time.)

**This walk is for pupils and staff only.**

Kind regards,  
**Miss Lingard**