



Somerset County Council

Shepton Mallet Community Infants' School & Nursery

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Headteacher: Mrs Honoria Thompson



"Where Children Come First."

5th June 2018

Dear Parent/Carer,

'The Daily Mile'

We have decided to join the other 1680 schools in Britain who are taking part in this free initiative to improve the mental and physical health of UK children.

The Daily Mile is a fun and free physical activity which has been proved to help to make children fitter, healthier and happier, and has a positive impact on their behaviour and concentration levels. It is simple and effective, enabling every child, including those with special needs, to be active. It's free to implement and the children love it.

Every day, hundreds of thousands of children are already getting fit for life by jogging or running with their classmates in the safety of their own playground. Everyone has fun taking part – it is not P.E. and it is not competitive – while building relationships, confidence and resilience.

This can be summed up in the scheme's Five F's:

1. **Fitness** – children become more aware of a healthy lifestyle
2. **Fresh Air** – children thrive on the sights, sounds and seasons
3. **Friends** - children use the language of friendship to support each other, improving their social and leadership skills
4. **Fun** – children enjoy taking part, and this is what makes The Daily Mile so successful
5. **Focus** – daily physical activity helps children concentrate in the classroom and is proven to raise attainment

Children should aim to run or jog – at their own pace – for the full 15 minutes, but can occasionally walk to catch their breath. In that time most children will average a mile.

Schools that are already involved say that they really value it. Teachers report that it improves learning readiness, concentration and behaviour – which leads to better attainment. They see how it builds the children's confidence, resilience and determination while they are enjoying being outside in the fresh air, running with their friends.

The children do not need to wear PE kit and it takes just 15 minutes per day. In light of this please could you make sure that your child wears their school shoes every day. I have approached our Governors who have agreed to allow plain black trainers to be part of our school uniform. Please note they must not have any other colour on them and must not have a large logo.

Thank you as always for your support.

Honoria Thompson
Headteacher



Web: www.sheptonmalletinfants.co.uk

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