



## SUNNYMEDE JUNIOR SCHOOL

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7<sup>th</sup> June 2017

Dear Parents and Carers,

Following the huge success of the 'Daily Mile' as introduced in Scotland in 2012, we write to inform you that our school will be trialling this initiative for a two week period, commencing on Monday 12<sup>th</sup> June.

As part of the Daily Mile scheme, we will enable and support all children to complete a daily walk/run as part of our curriculum. This will take a maximum of 15 minutes out of the classroom and will take place outdoors in most weathers (providing it is safe to do so). If the weather is deemed unsuitable for normal outdoor playtime, the Daily Mile will not take place. All sessions will be supervised by your child's class teacher.

Daily exercise has many benefits, including:

- An increase in children's physical fitness;
- A reduction in childhood obesity and an improvement in general health outcomes;
- Improved physical, social, emotional and mental health and wellbeing;
- Improved classroom focus, concentration and general behaviour;
- Improved sleeping and eating habits.

The Daily Mile is not a competition, but a positive step towards encouraging and motivating our pupils to lead more active, healthier and happier lifestyles. The activity is differentiated by the children's level of ability and they will not all complete the same number of laps in the time that they are outside. Children may choose to walk, jog or run (or most likely will chose a combination of these) in order to be active during this session.

Children will be encouraged to change into trainers or appropriate footwear prior to the session each day for comfort and support and to ensure their school shoes remain clean and dry. If children do not have trainers or appropriate footwear, they will still take part in the Daily Mile but will be encouraged to walk instead of jogging or running.

As a school, we are looking forward to starting this initiative and hope that you and your child embrace this opportunity. If the school considers the trial to be successful, we will continue this initiative. Please ask Miss Hicks, the P.E Co-ordinator, or the class teacher if you have any questions.

Kind regards

*Louise Hicks*

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P.E. Subject Leader