

5th December 2019

Dear Parents and Carers,

Promoting Healthy Active Lifestyles

Did you know the Department of Health recommends that schools deliver 30 minutes of moderate to vigorous activity for pupils every day, through active break times, extra-curricular physical education (PE) clubs and active lessons – with parents responsible for providing another 30 minutes daily?

The 'Archibald' Mile

As you may be aware, our PTFA kindly raised funds to update our school yard and included in this was a running track; 10 laps around the track equates to running a mile.

Starting next term, each class will have multiple opportunities per week to use our track. We hope to run in all weathers so appropriate footwear and outerwear over uniform will be required. With this in mind, we would like to invite your child to bring a pair of trainers to keep at school. These can be kept in their PE bag.

How can you get involved?

Whilst your child is doing the 'Archibald' Mile at school, you can support this at home, by both encouraging their confidence in running and moving outside with them, out of school hours. Parents often say that *The Daily Mile* helps children to eat and sleep better and that often they become young ambassadors for whole family fitness!

Why not walk, run, scoot or cycle to school 15 minutes earlier in the morning and complete the 'Archibald' mile track together with your children before school...

This could be great preparation for the Children's Cancer Run in May!

For more information on the Daily Mile, please visit: <https://thedailymile.co.uk/>

Kind regards.

Miss White
PE Coordinator