



ST JAMES CATHOLIC PRIMARY SCHOOL, HEBBURN

5th May 2026

Dear Parents and Carers,

Introducing the Daily Mile at St James

At St James, we are committed to promoting healthy lifestyles and supporting the mental and physical wellbeing of our children. We are excited to announce that we are launching The Daily Mile again after May half term for all children. This will be organised by our young sports leaders and Mr Monaghan our PE lead.

The Daily Mile is a simple initiative where children jog, run, or walk for 15 minutes during the school day. It is not competitive is aimed at getting children outdoors to enjoy fresh air and exercise with their friends.

Key Details:

- **When:** 15 minutes, every day
- **Where:** On the school yard/field.
- **Clothing:** Children will participate in their regular school uniform.
- **Footwear:** School shoes are fine.

Research shows that The Daily Mile can significantly improve concentration, mood, and behaviour in the classroom. It helps children build stamina, strengthens their immune systems, and provides a fun, social break, allowing them to return to lessons refreshed. The goal is simply to keep moving for 15 minutes at your own pace.

If you have any questions, please get in touch

Yours sincerely,

Mrs Heslop
Headteacher

Mrs Francesca Heslop
Headteacher
BSc (Hons) P.G.C.E.

Email:
info@stjameshebburn.co.uk
Tel: 0191 4832672

Solway Road,
Hebburn
NE31 2BP



Bishop Chadwick
Catholic Education Trust