

# St. Mary's Catholic Primary School and Nursey

## Daily Mile Track

Our school is so fortunate to have a daily mile track - an all weather, purpose built circle around the junior field that can be used the whole year round.

As a parent, why not get some benefit from it yourself?

8 laps = 1 mile!

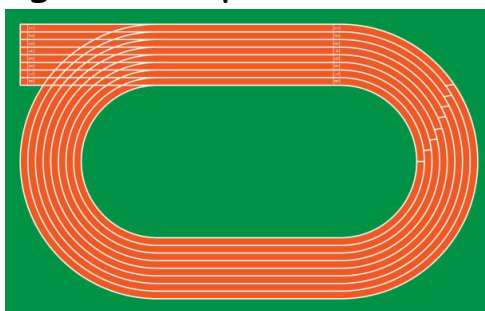


\*Have you arrived early in the morning with your child? If so, why not walk and talk around the track?

\*Have you arrived early to collect your child? If so, why not walk and talk with other parents around the track?

\*Maybe listen to a podcast or make your telephone calls on the move?

\*Do you normally meet another parent a few minutes early for a chat? Do the chat whilst walking a few laps of the track?



If you have the time, feel free to give the track some use!