

Tanworth in Arden Academy Trust

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Tanworth in Arden Church of England
Primary School & Nursery

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Dear Parent/Carer,

We are delighted to be introducing the Daily Mile at Tanworth-In-Arden CofE Primary School, which has been received by the children with excitement and enthusiasm. Introduced in a Primary school in Scotland, it has now spread across the country. The children aim to run a mile around the school grounds every day. The Daily Mile contributes towards the recommended hour that children should spend taking daily exercise.

The children don't need to waste time changing into kit; all they will need is a pair of trainers. Every child in school from 3 years of age will go out each day in the fresh air, to run, jog or walk for 15 minutes. It is not competitive; most children will average a mile in that time, with some doing more and some doing less. It is not PE, sport or cross-country but a physical activity, which is aimed at improving the children's physical, social, emotional and mental health and wellbeing. It has been shown to help children to focus and concentrate in the classroom and raise their attainment.

As a school, we are really excited about this new initiative and we are looking forward to the benefits it will bring to your child/children. To find out more please visit www.thedailymile.co.uk or follow the link on the school website.

As we will do this whatever the weather, please make sure that your child has trainers and a coat in school every day. Please ask your child about The Daily Mile.

Yours sincerely

A handwritten signature in cursive script that reads 'Shamford'.

Mrs Shelley Bamford
Headteacher