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Dear Parents,

Since we have come back to school each class here at The Prince of Wales School, has been participating in 'The Daily Mile' from 9.50-10.10am.

From the Founder of The Daily Mile:

*"Our campaign has one aim — to improve the mental and physical health of UK children. The Daily Mile makes children fitter, healthier, happier and has a positive impact on their behaviour and concentration levels. It is simple and effective, enabling every child, including those with special needs, to be active every day."*

UK children are now the most overweight in Europe, and activity levels are worryingly low. Combine this with record levels of mental health issues in children and young people and it is clear that, as the adults responsible for the health of our nation's children, we must act now. We can all help tackle this problem together.

Thousands of children are jogging or running with their classmates in the safety of their own playground, across the country, and now the Prince of Wales School will be joining them.

Everyone has fun taking part — it is not P.E. and it is not competitive — while building relationships, confidence and resilience.

The Daily Mile can be summed up in the Five F's:

1. Fitness — children become more aware of a healthy lifestyle
2. Fresh air — children thrive on the sights, sounds and seasons
3. Friends — children use the language of friendship to support each other, improving their social and leadership skills
4. Fun — children enjoy taking part — This is what makes The Daily Mile so successful
5. Focus — daily physical activity helps children concentrate in the classroom and is proven to raise attainment

Any decisions regarding the school's curriculum and The Daily Mile will always be made by the headteacher with the best interests of the children in mind.

Regards,  
Mr Gibson  
PE Co-ordinator



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