



Dear Parents / Carers

17.03.2017

On a Healthy Track

To test our all-weather track supported by the Big Lottery Fund, next week we are inviting different classes to start the day with some fresh air and fitness! This is an opportunity for children and school staff to run together and give our track a try. Children can run the distance they want with the aim of working up to six laps, which is equal to a daily mile.

The sessions are voluntary and will take place at **8.45am**, dates are as follows:

- Monday 20th March – Year 3
- Tuesday 21st March – Year 4
- Wednesday 22nd March – Year 5
- Thursday 23rd March – Year 6
- Friday 24th March – Year 1 & 2

The aim of the daily mile is to improve physical, emotional and social wellbeing for all children. This not only improves fitness but also concentration, mood and general wellbeing. You can read more about the daily mile here: <http://thedailymile.co.uk/about/>.

To take part, the children do not need to be in their PE kit – they just need to turn up in their uniform and be enthusiastic! They can wear trainers if they prefer.

Children will also be using the track at lunch times and break times so everyone can work towards a daily mile - this is just the start. We will let you know of further dates and new developments as they go, with a view to getting parents and carers involved.

Yours sincerely

Mrs Lidgard
Head Teacher

