



# BARWELL CHURCH OF ENGLAND ACADEMY

WORKING IN PARTNERSHIP WITH ST MARY'S CHURCH BARWELL

HEADTEACHER: MISS V NEWMAN

**BELIEVE    ACHIEVE    SUCCEED**  
**LEARNING THAT LASTS A LIFETIME**

**We want happy, confident, successful children**

Dear Parent/Carer,

Following a trial last academic year, we would like to introduce 'The Daily Mile' for every child in the school. Every child will go out each day in the fresh air to walk, jog or run, at their own pace, for 15 minutes. Most children will average a mile in the 15 minutes, with some doing more and some doing less. Your child will be issued with a sheet to track their own personal progress throughout the year.

The overall aim will be to improve the children's physical, social, emotional and mental health and wellbeing. The children run in their ordinary school clothes with trainers being ideal. It will help children to focus and concentrate in the classroom, raise their attainment and most importantly, be really fun!

We are excited about rolling out this initiative to the whole school and we are looking forward to the benefits it will bring to your child. Please can we ask that your child has a coat and a pair of trainers or alternative outdoor shoes in school, every day, to allow them to take part.

To find out more about how it all works please visit: [www.thedailymile.co.uk](http://www.thedailymile.co.uk)

With Thanks,

Miss O Morris



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