

Mansbridge Primary School

Octavia Road
Swaythling
SOUTHAMPTON
SO18 2LX



Tel: 02380 556691
Email: info@mansbridgepri.net

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Dear Parents and Carers,

As you may be aware, the children from Y1 to Y6 have started jogging first thing in the morning, as part of the 'daily mile' initiative. At the moment the children are doing a few laps of the playground, with a view to increasing this over time.

The children do not get changed for this, however they do put their trainers or plimsolls on if their school shoes are unsuitable for jogging.

With this in mind, and also that occasionally PE lessons are moved days, please can you ensure your child ALWAYS has some trainers/plimsolls that are kept in school.

We have a number of children that ask for spare PE shoes regularly, so please can you check your child has them.

Don't forget, as your children grow, you may need to replace their PE shoes!

The aim of the Daily Mile is to improve the physical, emotional and social health and wellbeing of our children – regardless of age or personal circumstances.

It is a profoundly simple but effective concept, which any primary school can implement. Its impact can be transformational- improving not only the childrens' fitness, but also their concentration levels, mood, behaviour and general wellbeing.

<http://thedailymile.co.uk/about/>

Thank you for your co-operation.

A handwritten signature in black ink, appearing to read 'M. 82'.

M Sheehan
Headteacher

Mansbridge gets running

We have recently introduced a daily mile run in our school for KS2 children.

I am writing this letter to explain our reasons for adopting this new initiative. We believe the daily run will :

- Help children to keep fit
- Help children to develop healthy bodies
- Help children's concentration
- Help children to have fun

One in 10 children are obese when they start school at the age of four or five, according to figures from the Health & Social Care Information Centre, and this summer a study found that school children in England are the least fit they have ever been.

We believe that our daily mile run is a common-sense approach to children's fitness, which is free and easy. The most important thing is that nearly all of the children really enjoy it, otherwise we couldn't sustain it. They come back in to lessons bright-eyed and rosy-cheeked, it's joyous to see.

Teachers take their pupils out of lessons for a short period of time to complete several circuits of the playground whenever it best suits that day's timetable. Only icy dangerous conditions or very heavy rain will stop us.

Tanni Grey-Thompson, the celebrated Paralympian, peer and chair of ukactive, the UK's leading not-for-profit health body for physical activity, said: *"All children need to achieve 60 active minutes every day, whether in a lesson, on the walk to school, or in the playground. It's fantastic to see initiatives like the daily mile be established, showing real leadership from the education sector to improve children's fitness levels, their cognitive behaviour and make a real difference to schools, teachers, parents and young people's lives."*

This school is not just about educating children in academic subjects such as English, Maths and Science. It is both our duty and our desire to encourage children to be fit, active, healthy and caring citizens. The Daily Mile is just one of our many initiatives to keep children active.

I am sure you as parents will support this initiative by **ensuring that your children have suitable footwear in school every day.**

If you have concerns or worries about this initiative please contact me as Headteacher to discuss the matter.

M Sheehan