

Oaklands Junior School

Headteacher - Mrs H West

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Dear Parent/Guardian,

You will probably be aware of recent concerns around physical inactivity and childhood obesity. As they go through primary school, many children put on weight and, across the UK, around 35% of pupils in Year 6 are categorised as overweight or obese. In addition, many 10-year olds lack basic fitness.

The Daily Mile is an initiative that was started in February 2012 by Elaine Wylie, who was then head teacher of a large Scottish primary school. She was concerned by the children's obvious lack of fitness and went on to prove The Daily Mile to be both sustainable and effective in combatting inactivity and obesity in her school. The result was that, in November 2015, the Scottish Government wrote to every Scottish primary school to recommend that they implement the scheme too. In addition, in August 2016 the UK government's Childhood Obesity strategy identified and supported The Daily Mile's contribution towards the recommended hour that children should spend taking daily exercise in school.

Since 2015, The Daily Mile has been adopted by almost 2000 schools in the UK alone, proving extraordinarily popular with thousands of children, parents and teachers. The initiative is also attracting strong overseas interest, and schools have signed up in over 30 different countries. Globally, it has been adopted by over 3000 schools.

The Daily Mile at Oaklands Junior School

We are launching The Daily Mile for all the children and staff in Oaklands Junior School from Wednesday 25th April. We want to ensure its health and wellbeing benefits are available for everyone. 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. It is not PE, sport or cross-country but physical activity in a social setting, which is aimed at improving the children's physical, social, emotional, mental health and wellbeing. It can help children to focus and concentrate in the classroom and raise their attainment. In addition, most importantly, the children really enjoy it.

We have adapted the Daily Mile to suit Oaklands. Each teacher will take their class out for a **minimum of two days per week** at a time that best suits them. Every child and adult will be encouraged to walk, jog or run depending on their ability in the fresh air for 15 minutes, and we hope to see this develop to everyone running as time goes on. Most children will average a mile in the 15 minutes, with some doing more and some doing less. The children run in their ordinary school clothes and shoes. First aid kit, inhalers and other medication will be the responsibility of the class teacher and will be taken out with the class. The children will follow a course marked out around the edge of the field.

To find out more about how it all works please visit: www.thedailymile.co.uk.

Yours faithfully,

Mrs. S. Alexander

The Daily Mile

