**Draft letter for parents**

Mr / Mrs / Ms Xxxx

1 Xxxxxx

Xxxx

London

Post code

**[DAY, MONTH, YEAR]**

Dear Parent/Guardian/Carer

[INSERT SCHOOL NAME] is committed giving our pupils the best opportunities, to help them achieve the best they academically and to support their health and wellbeing.

So I am excited to be able to tell you about the Daily Mile programme which you may have heard mention of in the national press recently, which we will be introducing in our school in [INSERT MONTH] as an extension of our current PE programme

The ‘Daily Mile’ is where all pupils aim to walk or run a mile (or as far as they can in 15 minutes) along a marked track every day whilst at school. This project has been running very successfully for over 4 years in St Ninian’s Primary School in Scotland and researchers have found that obesity levels have halved in this school. Also, the pupils, parents and teachers all report positive benefits to the health and happiness of the children, as well as improvements in achievement, concentration and behaviour both in class and at home.

Hundreds of schools across the country have introduced the Daily Mile this year and the Scottish Government officially endorses the Daily Mile for all primary schools. The Daily has also been praised by Ofsted, and backed by The Children’s Commissioner for England, The Royal Society of Public Health and the Chief Medical Officer.

This new programme should help to increase the amount of activity that pupils undertake as currently only 1 in every 5 pupils at [INSERT SCHOOL] does the right amount of exercise to be healthy, and this new programme will complement the existing activities offered in the school.

We are aiming to have the track ready by the [INSERT DATE].

The plan is to start with year 6 pupils initially starting to undertake a mile a day, then year 5 will follow soon after, followed by year 4 until all pupils are participating. For those pupils who cannot run a mile, they will walk it to begin with and will then be encouraged to move towards running the mile.

The pupils will be taking part in the daily mile at different times of the day.

We would like to ask you to ensure that your child either wears to school, or brings into school, suitable shoes for running. Black trainers will officially become part of the school uniform in the new academic year. You don’t need to buy new trainers now but please purchase black trainers when your children’s shoes need to be replaced.

We have attached a FAQ sheet which you might find helpful.

We welcome your feedback on any of the above activities, so please get in contact with [CONTACT NAME] by the [DAY, MONTH, YEAR].

Alternatively please come along and see us at the Parents evenings on the [DAY, MONTH].

Yours sincerely,

[HEADTEACHER’S NAME]

Headteacher

[PHONE NUMBER]

[EMAIL ADDRESS]