



Inspiring a love of learning through
the bonds of family, faith and friendship.

Folksworth C of E (VC) Primary School

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Wednesday 9th October 2019

Dear Parents/ Carers,

After discussion with our School Council we have decided to introduce a slot for the 'Daily Mile' into our school day from half term onwards. This means that for 15 minutes straight after assembly the children will go onto the field to walk, jog or run the Daily Mile.

The Daily Mile is not intended to be competitive though some children will compete and that is fine. Most children will average a mile in the 15 minutes, with some doing more and some doing less. 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 and mental health, and wellbeing. The children run in their ordinary school clothes. It can help children to focus and concentrate in the classroom and raise their attainment. And most importantly, the children really enjoy it.

We will go out in most weathers so please ensure your child has suitable footwear and a waterproof coat with them. If there is heavy rain or it is judged to be unsafe to take the children out to complete the Daily Mile an alternative form of physical exercise will take place in the hall.

The Daily Mile has many health and wellbeing benefits. If you would like to find out more please see the attached presentation.

Yours sincerely,

Miss Michelle Norbury