



FAIRLANDS PRIMARY SCHOOL & NURSERY

Pound Avenue
Stevenage
Hertfordshire
SG1 3JA

23rd May 2016

Dear Parents/Carers

Re: Move a Mile a Day

We would like to support our children to improve their: health, fitness, well-being, resilience and alertness.

Recent studies have shown that enabling children to 'Move a Mile a Day' is a brilliant way to achieve positive results in all these areas.

Dr Colin Moran, who is leading a study on this, says: 'The children who 'Move a Mile a Day' in a number of schools don't seem to have problems with obesity; they seem happier and staff say they settle into lessons faster. There is a lot of anecdotal evidence about the benefits.'

We are looking to introduce 'Move a Mile a Day' across the school in September.

In Year 5 and Year 6, we would like to trial this for the second half of the summer term.

How it will work:

- Children arrive at school as usual
- They go straight to class to be registered, leave their belongings and change into their trainers
- They immediately go outside and begin their mile
- Children may run, walk or complete the distance in any way that meets their individual, physical needs
- All children will return to class at 9.10am
- Any children who arrive late, therefore missing the time to 'Move a Mile a Day', will be encouraged to participate at break time.

We hope you will support us in this endeavour to improve the health and well-being of the children. Please ensure they have suitable footwear in school.

If you have any questions or comments about this initiative, any member of the Year 5 and Year 6 team will be happy to help.

Regards

Michelle Bridge
DHT UKS2