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Headteacher: Mr Iain Horner

Friday May 12th 2017

Dear Parent/Carer,

You will probably be aware of recent media coverage of 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 their final year of primary school are categorised as overweight or obese.



Experts have described this as an epidemic and a crisis that must be tackled before it is too late. The World Health Organisation regards childhood obesity as one of the most serious global public health challenges for the 21st Century.

There is, however, an initiative called The Daily Mile which was started in February 2012 by Elaine Wyllie, who was then headteacher of a large Scottish Primary school in Stirling. 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.

The Daily Mile is very simple to start in a school. Without wasting time to change into kit, every child goes out each day in the fresh air to run, jog or walk for 15-20 minutes. It is not competitive: most children will average a mile in that time, with some doing more and some doing less. It is not PE, sport or cross-country but a physical activity which is aimed at improving the children's physical, social, emotional and mental health and wellbeing. It can help children to focus and concentrate in the classroom and raise their attainment.



Since 2015, The Daily Mile has been adopted by over 1,600 schools in the UK alone, proving extraordinarily popular with thousands of children, parents and teachers. The initiative is also attracting strong overseas interest, with both Belgium and the Netherlands launching nationally in 2016.

As Mr Horner mentioned in the Walk to School Week letter, we would like to introduce a version of The Daily Mile as our Distance Challenge for all the children in Chesterton School and we want to ensure its health and wellbeing benefits are available for everyone. It won't be a daily activity to start with but a twice weekly activity, with plenty of other physical activities happening throughout the week, including PE lessons, brain breaks, active playtimes, after-school clubs etc.

We will hold our first run on Tuesday 16th May and continue each Tuesday and Friday morning as a trial for the remainder of the Summer Term. There is no need to do anything other than deliver your child to school between 8.40 and 8.50 as usual and we will run, jog or walk for 15-20 minutes. You are more than welcome to drop your child at this point or stay to watch and support until the bell goes, however, we would ask that parents don't stay beyond the bell as we will need to secure the school site.



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.

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

Kind regards,

Mrs E. Porter (PE Mentor)



Chesterton CE Primary School
Generosity Integrity Humility Compassion Respect Resilience