



The
Kingfisher
School

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Dear Parents and Carers,

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, 35% of pupils in Year 6 are categorised as overweight or obese. In addition, many 10 year olds lack fitness.

The Daily Mile is an initiative which was started in 2012 by a Head Teacher in a 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 Scottish government then wrote to every primary school to recommend that they implement the scheme too. In addition, in 2016 the UK government's Childhood Obesity strategy identified and supported this initiative.

The Daily Mile is very easy to adopt. Every child will go out in the fresh air to run or jog at their own pace for approximately 15 minutes. It is not competitive. Most children will average a mile in 15 minutes, with some doing more and some 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 school clothes with trainers being ideal but not essential. It can help children to focus and concentrate in the classroom and raise their attainment. Most importantly, the children really enjoy it.

The Daily Mile has now been adopted by almost 3000 schools in the UK alone. We would like to introduce the Daily Mile during November 2018 for the children at The Kingfisher School, starting with Years 1 and 2 and eventually rolling out this programme to the rest of the school to ensure the health and wellbeing benefits are available to all.

If you have any questions, please ask.

Thank you for your continued support.

Colleen Rae