



22 May 2019

The “Daily Mile” has grown in popularity in recent years and many schools have adopted this approach for the physical and mental benefits to school children. We are hoping to do this for the remainder of the term on a fortnightly basis with each Year 8 and 9 form classes, participating during their form class period. They are welcome to bring their trainers with them but can walk in just their shoes if they prefer.

The pupils would be walking around the grounds of Ward Park or Castle Park with their form teacher. This is an excellent opportunity for your child to get out into the fresh air and it will benefit their social and mental well-being. I would ask you to encourage your child to take part and remind them to bring their trainers if they wish. If a pupil is injured or sick they will of course be supervised in school.

Thank you in advance for your support and on behalf of the School we are looking forward to this opportunity.

For more information please follow the link below

<https://thedailymile.co.uk/>

Sophie Chambers
PE teacher