



Bapchild & Tonge CE (Aided) Primary School

Headteacher: Mr C Kelly

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To Parents of Children in Years 2, 3 and 4

Dear Parents

After Easter we will be starting a trial of the Daily Mile, a national scheme to encourage exercise. This will initially involve the children in Years 2, 3 and 4, with a view to it being extended throughout the school if successful.

The Daily Mile is simple to start in a school. Without wasting time to change into a kit every child goes out into the fresh air to run, jog or walk for 15 minutes. It is not competitive; most children will average a mile in that time. It is not P.E, sport or cross country but a physical activity aimed at improving children's physical, social, emotional and mental health and wellbeing. It can help children focus and concentrate in the classroom and raise their attainment. Please could you provide trainers or plimsolls for your child.

We are very excited about this new venture and we are looking forward to the benefits it will bring to your child/children. To find out more about how it works please visit www.thedailymile.co.uk.

Kind regards.

Mrs S Staker

Mrs T Williams