



25th November 2016

Dear parents/guardians,

In further support of our new healthy school's initiatives, I am writing to share with you that we will be introducing '1k a day' challenge across school. The fitness and health of our children in school is paramount. We know that children should be active for at least 60 minutes every single day. By increasing activity levels it can have a number of benefits such as sleeping better, eating better as well as increased concentration skills which in turn has an impact on academic progress and achievement.

Therefore, we intend to begin **1k a day challenge** next week adding a new and exciting element to our PE curriculum easing the children and staff into it gradually! The concept of 'achieving their mile' is paramount to the children's success and it is important that they understand we are not expecting them to run a mile the first time they take part. It is all about building up stamina and resilience.

All we ask of you is that you ensure your child keeps their **P.E. kit and a pair of trainers in school all week** to enable them to take part in this. Clearly, we cannot have all of the children running the daily mile at once so the staff will be looking at how this best fits in with their current timetable on a day to day basis.

As a school we are really excited and we are looking forward to the benefits it will bring to your child/children. You can find out more about how similar schemes work in other schools just by visiting www.thedailymile.co.uk

Thank you for your support.

Miss H. Armitage
Sports Co-ordinator

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