



Pondhu
Primary School

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Dear Parents/Carers,

THE DAILY MILE AT PONDHU PRIMARY SCHOOL

This term our pupils have been taking part in a daily physical activity known as the daily mile or mile-a-day. The response has been overwhelmingly positive from adults and children alike. With any new initiative there are inevitably a few questions and as a school we value the support that you provide and hope that the information below is useful to help you understand why we have introduced the daily mile and the benefits this will have for your children.

Where did the idea come from?

You may have noticed a news article on the BBC during the summer about a school in Scotland called St Ninians who started the daily mile. We contacted them and have liaised closely to ensure we match their daily mile which has been in existence since 2012 and is held up as a national example of good practice by educationalists and health professionals.

Why is it such a good idea?

A study by Fit for Sport in 2015 found that two thirds of primary age children lack basic fitness levels. Lowest results came in tests that recorded cardiovascular fitness meaning that children were not exerting themselves enough to be out of breath or taking part in more vigorous exercise.

How does Mile-a-day work?

Not all of the children are running or walking their mile yet. In the earlier years they are typically completing around a third to half of that distance with increasing increments throughout the school towards the mile target. The upper juniors are more consistently close to that target. Teachers decide when to take their class out as each class 'owns' their own mile.

How long does it take?

Typically it takes no more than 15 minutes from the start to pupils being back in their seats so there is minimal disruption to their lessons. Outdoor exercise is

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shown to increase concentration when back in the classroom therefore impacting positively upon learning and attitudes to learning.

What do children wear?

Children can wear their trainers to run in and have are offered the opportunity to change. Some do and some don't. Please be aware of the type of shoes your child wears and make sure they have trainers in school daily. The beauty of the daily mile is its simplicity.

What about warm ups and cool downs?

There is no need for an extensive warm up and cool down as children run or walk at their own pace. However staff do allow time for recovery after running and a short walk before starting the activity.

How has it been received by pupils?

Talking to pupils we have had extremely positive feedback with pupils asking for their mile each day and making sure it is not forgotten by staff. It is also building up their resilience with less complaints about weather or the occasional knock or bump when outside.

How can parents and carers help?

You can help by continuing to be overwhelmingly positive about what they are doing. Children will pick up on any negativity from home and we wouldn't want them to think that their physical activity is anything to feel negative about. The benefits for your child are far too important.

We intend to keep this initiative going throughout this academic year and I am pleased to say that we are already being noticed by healthcare professionals and other schools within the area. I don't believe we will be the only school doing the mile-a-day in St Austell for much longer but we are proud to be the first!

If you want to find out any further information take a look at the BBC website where there is a clip about the St Ninians mile or come in and talk to us.

Thank you for your continued support.

Yours faithfully,



Mr N Cooper
Assistant Headteacher