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Dear Parent/Carer,

You will probably be aware of some recent concerns around physical inactivity and childhood obesity. As they go through Primary School, many children put on weight and, across the UK, around 35% of pupils in their final year of Primary School are categorised as overweight.

Experts have described this as an epidemic and a crisis that must be tackled before it is too late. The World Health Organisation regards childhood obesity as one of the most serious global and public health challenges for the 21<sup>st</sup> Century.

There is an initiative called The Daily Mile which was started in February 2012 by a headteacher of a large Scottish Primary School. She went on to prove that The Daily Mile is sustainable and effective in combatting inactivity and obesity in her school. The result was that in November 2015, the Scottish Government wrote to every Scottish Primary School to recommend that they implement the scheme too. In addition, in August 2016, the UK government's Childhood Obesity strategy identified and supported The Daily Mile's contribution towards the recommended 60 minutes that the children should spend taking daily exercise.

The Daily Mile is very simple. Every child in school or nursery goes out each day in 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 PE, sport or cross-country but a physical activity which is aimed at improving the children's physical, social, emotional and mental health and wellbeing. It can help children to focus and concentrate in the classroom and raise their attainment.

We are going to introduce The Daily Mile, under the heading 'Active 15' for all the children at Howes and ensure its health and wellbeing benefits are available for everyone. As a school, we are really excited about this and look forward to the benefits it will bring your child/children.

If you do have any queries, please do feel free to talk to myself or your child's class teacher.

Miss Gandy  
PE Coordinator

