

16<sup>th</sup> September 2019

Dear Parents/Carers,

As you may be aware we are implementing a new policy that involves children being active in the morning before their lessons start. The Redwell Run is our take on a national initiative called The Daily Mile. The Daily Mile is a social physical activity, with children moving– at their own pace – in the fresh air with friends.

We at Redwell Primary believe that an active lifestyle is essential for child development and has many benefits to pupil's physical, social, emotional and mental health and wellbeing. Research has shown that being active in the morning can have a massive impact on the learning within lessons, therefore our timetable is as follows:

Year 1 and 2- Tuesday and Friday 9.30-9.45  
Year 3 and 4- Monday and Friday 9.00-9.15  
Year 5 and 6- Tuesday and Wednesday 9.00-9.15

The Redwell Run is inclusive for all, as it is about constantly moving for 15 minutes at 'your' level. Pupils can decide to run and try to complete a mile or can speed walk with friends. Everybody is encouraged to aim high, try their hardest and to beat their best. Teachers will be joining in with pupils to help motivate them and to supervise. Pupils may bring their trainers on their designated mornings, however this is not a necessity and pupils can complete the Redwell Run in normal footwear.

To keep all pupils safe the back school gates will be locked at 9am on a daily basis. Any remaining parents in the school after this time will need to exit via the front gates.

We feel that the children will really benefit from this active policy and we thank you in advance for your support with this matter. If you have any further queries, more information can be found on the Daily mile website: [www.dailymile.co.uk](http://www.dailymile.co.uk) or by discussing this with Mr Marriott in Year 4.

Yours Faithfully



Mr Marriott (Year 4 Teacher and PE Lead)