



The Best That We Can Be
Devonshire Primary Academy

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Dear Parent / Carer,

You may have seen that schools across the country have started doing "The Daily Mile" as part of their weekly routine. Those schools taking part in this initiative have all reported that not only do the children enjoy doing it, but there are also benefits with regards to concentration, engagement and behaviour. Some of our classes have already had a go at The Daily Mile and because of this we have decided that we want to try it across the whole school.

After the Easter break your child will be taking part in The Daily Mile at Devonshire Primary Academy.

Your child can walk, run or jog in the fresh air for between 10-15 minutes. The Daily Mile is not competitive, though some children may wish to challenge themselves and try to beat their own finishing times. The activity is aimed at improving your child's physical, social and emotional wellbeing. Luckily, the children will complete The Daily Mile in their school uniform and can change into their trainers or pumps. Initially your child's class teacher is aiming for your child to take part in their Daily Mile at least three times a week and then hopefully daily.

As a school we are excited about this new initiative and we are looking forward to the benefits it will bring to our children!

Yours sincerely,

Mrs L. Whitelaw & Mr A. Coldwell
P.E. Coordinators

Mr N. Toyne
Headteacher