



**Newbold & Tredington (C of E) Primary School**  
Creating a chance to SHINE everyday

Headteacher: Samantha Welsby (Mrs)

T: (01608) 661568

[admin3214@welearn365.com](mailto:admin3214@welearn365.com)

[www.newboldtredington.warwickshire.sch.uk](http://www.newboldtredington.warwickshire.sch.uk)

Manor Farm Road, Tredington, Warwickshire, CV36 4NZ  
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Next half term we will be starting “The Daily Mile”

The aim of The Daily Mile is to improve the physical, social, emotional and mental health and wellbeing of our children – regardless of age, ability or personal circumstances.

### The Daily Mile Works!



It takes place in 15 minutes, with most children averaging a mile, or more, each day.



Children run outside in the fresh air - and the weather is a benefit, not a barrier.



There's no set up, tidy up, or equipment required.



No staff training is needed and there is no extra workload for teachers.



Children run in their uniforms so no kit or changing time is needed except to put trainers on.



It's social, non-competitive and fun.



The children return to class ready to learn.



It helps to improve fitness and achieve a healthy weight.



It encourages children to be aware of their health.



It's fully inclusive; every child, whatever their circumstances, age or ability, succeeds at The Daily Mile.

**Please can you make sure that your child/ren have a pair of trainers that can stay in school all term, as they will need them every day.**

School Games Award 2016/17



Silver standard



January 2018