



Dear Parents,

Welcome and thank you for your interest in The Daily Mile. Our campaign has one aim — to improve the mental and physical health of UK children by encouraging more schools to sign up for The Daily Mile.

The Daily Mile makes children fitter, healthier, happier and has a positive impact on their behaviour and concentration levels. It is simple and effective, enabling every child, including those with special needs, to be active every day.

If you would like your child's school to consider doing The Daily Mile, please let them know in the usual way. We can provide the help and support to get schools started and are excited to bring more schools into our Daily Mile community.

Please remember that schools are complex and busy places with many competing priorities. Any decisions regarding the school's curriculum and The Daily Mile will always be made by the headteacher with the best interests of the children in mind.

UK children are now the most overweight in Europe, and activity levels are worryingly low. Combine this with record levels of mental health issues in children and young people and it is clear that, as the adults responsible for the health of our nation's children, we must act now.

We can all help tackle this problem together. Please join the thousands of people worldwide who are already helping children to improve their health and wellbeing by supporting The Daily Mile.

Thousands of children are jogging or running with their classmates in the safety of their own playground. Everyone has fun taking part — it is not P.E. and it is not competitive — while building relationships, confidence and resilience. This can be summed up in our Five F's:

1. Fitness — children become more aware of a healthy lifestyle
2. Fresh air — children thrive on the sights, sounds and seasons
3. Friends — children use the language of friendship to support each other, improving their social and leadership skills
4. Fun — children enjoy taking part — This is what makes The Daily Mile so successful
5. Focus — daily physical activity helps children concentrate in the classroom and is proven to raise attainment

If you have any questions, please call 0330 880 0100 between 7AM-8PM Mon-Fri, and 9AM-5PM Sat-Sun.

Happy running,

A handwritten signature in black ink that reads 'Elaine Wyllie'.

**Elaine Wyllie**