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Headteacher: Mr Iain Horner

Friday April 27<sup>th</sup> 2018

Dear Parents/Carers,

Although the wet and cold weather doesn't seem to have completely disappeared quite yet, we are planning to bring our morning run, based on the Daily Mile initiative, out of winter hibernation from next week!

As you probably know by now, the Daily Mile is a very simple way to start the school day. Without wasting time to change into kit, every child goes out each day in the fresh air to run, jog or walk for approximately 15 minutes. It is not a race: most children will average nearly a mile in that time, with some doing more and some doing less. It is aimed at improving the children's physical, social, emotional and mental health and wellbeing and has also been shown to help children focus and concentrate in the classroom.



At Chesterton, it won't be a daily activity but held twice weekly, with plenty of other physical activities happening throughout the week, including PE lessons, brain breaks, active playtimes, after-school clubs etc. We will hold our first run of 2018 on Tuesday 1<sup>st</sup> May and continue each Tuesday and Friday morning for the remainder of the Summer Term.

There is no need to do anything other than deliver your child to school between 8.40 and 8.50 as usual and we will run, jog or walk for 15 minutes. We had some issues in the Autumn with pupils opting to stand with parents rather than taking part, so we would ask you to encourage your children to participate and, if necessary, ask a member of school staff to help them get started. You are, of course, welcome to leave the children with us at this point as on a normal morning. However, if you would like to watch their first couple of laps, we would ask that parents don't stay beyond the first bell, as we will need to close the gate and secure the school site at 8.50am.

We will also be introducing some new challenges to add a bit of variety and some rewards for children who show commitment and effort when taking part, so keep a look out for these in the near future.

If you have any questions, please don't hesitate to contact either of us.

Kind regards,

Mrs Rotherham (PE Co-ordinator) & Mr Horner

