

# Stanford School



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Monday 24th September



Dear Parent/Carers,

Here at Stanford School we take the Health and Wellbeing of our children very seriously. As a result, we are implementing the Golden Mile into the school to encourage the children to get physically active.

You may have seen the Golden Mile covered in the national news in recent times as it is a national initiative to get our children healthier and engage in regular physical activity.

We are going to run the programme every Friday lunch time for Key Stage 2 children, who wish to take part. They will all receive a 15 minute slot where they can move around a track either competitively or slowly with friends. They can run, walk or skip with the emphasis on continual movement. The children can stay in their school uniform for the activity but the children must wear suitable footwear.

The distances will be recorded over the year and the children will receive certificates upon reaching milestones. For example, the Bronze certificate is awarded once the child accrues 10 miles.

Visit <http://www.golden-mile.org/> for more information.

