



English Martyrs School,  
St. Mark Street, London E1 8DJ  
Tel: 020 7709 0182

[www.englishmartyrs.towerhamlets.sch.uk](http://www.englishmartyrs.towerhamlets.sch.uk)  
Headteacher – Miss B Nugent

**Mission Statement** “We are special people on a journey, growing and learning together in search of excellence, as we follow in the footsteps of Jesus.”

Dear Parents,

19<sup>th</sup> July 2022

English Martyrs has signed up to join the Daily Mile from September. The Daily Mile is very simple. Every class goes out each day in the fresh air to run or jog at their own pace for 15 minutes. Most children will average a mile in the 15 minutes, with some doing more and some doing less. It is not competitive though some will compete and that is fine. It is not PE, sport or cross-country but physical activity in a social setting which is aimed at improving the children's physical, social, emotional and mental health, and wellbeing.

The Daily Mile is an initiative which was started in February 2012 by Elaine Wyllie MBE, the headteacher of a large Scottish primary school. She was concerned by the children's lack of fitness and introduced The Daily Mile, which proved to be effective in combatting inactivity and obesity in her school. The result was that, in November 2015, the Scottish Government wrote to every Scottish primary school to recommend that they implement the scheme too. In addition, both Public Health England and the UK government's Childhood Obesity strategy have acknowledged The Daily Mile's contribution towards the recommended hour that children should spend taking daily exercise. You may be aware of concerns around physical inactivity and childhood obesity. As they go through primary school, many children put on weight and, across the UK, around 35% of pupils in Year 6 are categorised as overweight or obese. In addition, many 10-year olds lack basic fitness.

The children run in their ordinary school clothes with trainers being ideal but not essential. Please do not send your child to school in slip-on shoes. They are unsuitable for running.

The Daily Mile can help children to focus and concentrate in the classroom making them more learning-ready. And most importantly, the children really enjoy it. Since 2015, The Daily Mile has been adopted by almost 8,000 schools in the UK alone, proving extraordinarily popular with thousands of children, parents and teachers. The initiative is also attracting strong overseas interest, and schools have signed up in over 78 different countries. Globally, it has been adopted by over 11,000 schools. As a school we are excited about this new initiative and we are looking forward to the benefits it will bring to the children. To find out more about how it all works please visit: [www.thedailymile.co.uk](http://www.thedailymile.co.uk).

Yours sincerely,

Mrs S Paterson  
PE Coordinator

