



www.golden-mile.org

We are delighted to announce that our school will be participating in a new exercise initiative called The Golden Mile. The Golden Mile is a safe, simple and measurable health initiative aiming to inspire and encourage the school community through physical activity with the focus on fun, rewarding personal achievement and school competition.

Every pupil can choose to run, jog, or simply walk and chat to their friends whilst travelling around the Golden Mile track either during school hours or as part of a break time activity.

Certificates are awarded to children as they progress.

"The Golden Mile represents an excellent opportunity for primary school children of all abilities to get fit and be active. The project is simple, effective and accessible to all schools, children and parents. It really is an innovative and interesting project that will be embraced by both children and schools."

The Golden Mile Ambassador, Olympic Gold Medallist Duncan Goodhew MBE

Individuals can monitor their distances online at school, and are able to print graphs and compare progress with previous weeks, months or even years!

This is a fantastically simple scheme, which has many endorsements by university studies, teachers, parents and pupils themselves! (www.golden-mile.org)

As an added benefit, we are able to link your own email address to your child and totally securely, the website will automatically send you updates of your child's progress at various times throughout the year - totally free of charge.

If you wish to utilise this facility, please sign the consent form below and return to school.

We also want to link this initiative with our whole school learning about refugees. We are considering ways that we can plot how far we walk and compare it with the distances travelled by refugees, so that we gain an appreciation of the distances people walk to flee troubled lands. Watch this space!

Regards,

Mrs Skitt

Child's Name; _____ Class; _____

I consent to being sent information on my child's progress to the email address below on the understanding this email address is not used for any other purposes;

Email: _____ (Please Print Clearly)