



Westcroft  
Stanhope  
Bishop Auckland  
Co Durham  
DL13 2NU

Tel: 01388 528218

Headteacher Mr S Myers

School Number 840 3087

22 May 2017

Dear Parent/Carer

**Re: Morning Mile**

I am writing to let you know that with effect from Monday 5<sup>th</sup> June 2017 we will be holding the 'Morning Mile'. We trialled this event last year and it was very well attended. Research suggests that it helps with the fitness and well-being of the child along with improving concentration and stamina in the classroom. Doing physical exercise with a parent increases the likelihood that a child will see exercise as important and will continue to do the event.

As such, any child can come along and take part at 8.30am each morning. They should come to school wearing their PE kit and then get changed into their school uniforms afterwards. A member of staff or governor will be on duty from 8.30am to supervise children who are taking part. This activity is also open to parents if they would like to either run or walk the 'Morning Mile'. We anticipate that a mile will be equivalent to ten laps around the school field. A route will be marked out for participants to follow.

There is no cost and the activity is open to anyone who would like to take part for the duration of the last half term.

Yours sincerely

Mr S Myers  
Headteacher

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