

Horn Park Primary School

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Headteacher Jack Green

Deputy Head Victoria Wood



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The Daily Mile

Dear Parents/Carers,

Inspired by the success of the Mini Marathon earlier this year, we are excited to be joining over 5 million children around the world by participating in 'The Daily Mile'. This project, which encourages outdoor daily movement, helps children feel happier and healthier. You can read more about the positive impact of the project [here](#).

At Horn Park, children and adults from Year 3 upwards will come together to run, jog or walk around the playground for 10-15 minutes, four days a week. We want all children to feel the joy in movement, at whatever pace they feel comfortable.

Since its launch in schools in 2012, the Daily Mile has aimed to be inclusive as possible, meaning no specialist equipment, change of clothes or shoes. The vast majority of children spend their play and lunch time running in their school shoes; however, if you would rather send a spare pair of trainers to stay in school, please do so.

If you have any questions, please do not hesitate to speak to your child's teacher or a member of the leadership team.

Many thanks,

Miss Lazell and Miss Blogg