



# ST. PATRICK'S

## CATHOLIC PRIMARY SCHOOL

**Hullenedge Road, Elland, West Yorkshire HX5 0QY**

**Headteacher: Mrs L Lomas**

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10<sup>th</sup> July 2018

Dear Parents/Carers

We are delighted to announce that from September 2018 St Patrick's Catholic Primary School is to join the ever popular Daily Mile initiative for schools.

The campaign has one aim – to improve the mental and physical health of UK children by encouraging more Primary and Nursery schools to sign up for The Daily Mile. The Daily Mile is a fun and free physical activity which helps to make/makes children fitter, healthier and happier, and has a positive impact on their behaviour and concentration levels. It is simple and effective, enabling every child, including those with special needs, to be active every day.

Everyone has fun taking part – it is not P.E. and it is not competitive – while building relationships, confidence and resilience. This can be summed up in our Five F's:

1. Fitness – children become more aware of a healthy lifestyle
2. Fresh Air – children thrive on the sights, sounds and seasons
3. Friends - children use the language of friendship to support each other, improving their social and leadership skills
4. Fun – children enjoy taking part, and this is what makes The Daily Mile so successful
5. Focus – daily physical activity helps children concentrate in the classroom and is proven to raise attainment

If you have any questions/queries, please don't hesitate to contact us or visit the Daily Mile website at [www.thedailymile.co.uk](http://www.thedailymile.co.uk).

Yours faithfully

*Tracy Gorin / Lianne Lomas*

Tracy Gorin/Lianne Lomas  
Learning Mentor/DSL & Headteacher