



Safe & Simple Fitness for Schools

Dear Parent / Guardian,

I am delighted to announce that our school is taking part in a brand new health and fitness initiative called 'The Golden Mile'.

The Golden Mile is a health & fitness scheme designed to encourage children to get fit & healthy within the safe environment of the school grounds by encouraging each child to walk, jog or run 50 miles throughout the school year.

A Bronze certificate is awarded for achieving the 10 mile distance, Silver certificate for 25 miles and a Gold certificate is awarded for reaching 50 miles, plus extra incentive certificates throughout the year. Technology allows each child to measure their own progress and produce charts and graphs to record it.

The focus of the scheme is on self-achievement and not competition, which allows every child to participate equally. In addition, your child will also receive Healthy Recipe Cards backed by some of the world's top footballers like Steven Gerrard and Thierry Henry, and various other resources which promote healthy living.

The activity will take place on school grounds and will be supervised at all times. Children will be able to participate in the Golden Mile during school break and lunch times, during PE lessons as well as before and after school.

The school are very keen that every child participates in the Golden Mile as it fits in with our Healthy Living ethos.

The cost to each child to take part is just £2 for the entire school year.

For more information please visit the website at www.golden-mile.org this will give you a greater understanding of the impact this scheme could have on your child's health.

If you could contribute, we would be very grateful if you could return the slip below to your child's teacher along with £2.

Kind Regards,

Head Teacher

Childs name _____

Class _____

I enclose £2 for my child to participate in the Golden Mile.

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) Signed _____ (Parent/Guardian)