



## Safe & Simple Fitness for Schools

**Dear Parent / Guardian,**

### Healthy Lifestyle – The Golden Mile

We are delighted to announce that our school will be participating in a new scheme encouraging pupils to become healthier and fitter this academic year.

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

With the aim of travelling a total of 50 miles by the end of the year, certificates for 10 Miles (Bronze), 25 Miles (Silver) and 50 Miles (Gold), are awarded to children as they progress.

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

This is a FREE ACTIVITY and each child will also receive FREE healthy recipe cards, backed by the some of the World's top footballers, like Steven Gerrard and Thierry Henry and endorsed by the World Heart Federation.

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

Yours,

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;

\_\_\_\_\_  
(Please Print Clearly)