

## The Daily Mile 'SANTA RUN' - Friday 3rd December 2021



Here at Windsor Hill Primary School we have been taking part in an initiative called The Daily Mile. It is a very simple initiative whereby it aims to get children outside for 10/15 minutes each day for daily exercise, of either walking, running or jogging at their own pace.

We all know that being physically active is good for both our physical & mental health, The Daily Mile can play a huge part to encourage children to have fun, socialise with friends and feel happier by being active outside, in a non-competitive environment.

The Daily Mile have organised a 'Christmas SANTA RUN' on Friday 3rd December.

On this day all children may wear a Christmas jumper and a Santa hat (or something festive) and ensure they have a water bottle with them. All class bubbles will go outside to their designated area in the playground for their Daily Mile at different times throughout the day.

So let's get moving to kick off the festive season!!

