



Dear Parent / Guardian,

At the Federation of Winklebury School we participate in an exercise initiative called The Golden Mile. The Golden Mile is a safe, simple and measurable health initiative aiming to inspire and encourage the school community through physical activity with the focus on fun, rewarding personal achievement and school competition.

Every pupil can choose to run, jog, or simply walk and chat to their friends whilst travelling around the Golden Mile track for 12 minutes at least three times a week. If classes choose to take part in the Golden Mile for 12 minutes every day this will equate to an additional hour of exercise on top of the P.E. the children already undertake.

Certificates for 10 Miles (Bronze), 25 Miles (Silver) and 50 Miles (Gold) are awarded to children as they progress.

"The Golden Mile represents an excellent opportunity for primary school children of all abilities to get fit and be active. The project is simple, effective and accessible to all schools, children and parents. It really is an innovative and interesting project that will be embraced by both children and schools."

The Golden Mile Ambassador, Olympic Gold Medallist Duncan Goodhew MBE

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

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

Yours sincerely,

Mrs K Branch