



# Lessness Heath Primary School

Erith Road, Belvedere, Kent. DA17 6HB

Tel: 01322 433290

Head Teacher - Mrs K O'Connor  
Deputy Head Teacher - Mrs L Shields

Respect Co-operation Honesty Perseverance Belonging Responsibility

21 November 2016

Dear Parents/Carers,

## RE: "Mile a Day" Kit Reminder

As you are aware, we are now running the "Mile a Day" scheme at Lessness Heath Primary School. This means that the children will complete a mile every day at school on the field. With this in mind, can I please remind you that it is important that the children have the correct clothing and equipment for this activity each day.

Every day, all children need to have;

- Trainers
- Coat
- Water Bottle

Children need these items in school to make sure that they can participate properly in the activity. Plimsolls are **not** acceptable for the field as they will get muddy and wet and, therefore, cannot be used inside. As the children will be outside for this activity and the weather is likely to get colder and wetter, children are required to wear a coat for the activity.

At Lessness Heath school, we are committed to promoting healthy lifestyles for our children. It is important that children get daily exercise to maintain a healthy lifestyle and the "Mile a Day" scheme will ensure that every child has this opportunity.

The scheme is designed not only to improve fitness levels and tackle child obesity; it is also of benefit to the academic process. If the children are taking part in regular daily exercise, it has been shown to improve concentration in class with less disruption. Children who take part in active lifestyles tend to do better in academic assessments and it will promote general well-being, not just physical fitness.

Please can you ensure that your child has these items in school each day so they can participate in the Mile a Day scheme.

Yours sincerely,

Mr Butler

Extended schools, P.E and Health Leader

*This school is committed to the safeguarding and protection of children*