



Dear Parents/ Carers

Happy New Year

Welcome back to Spring Term. Hope you all had an enjoyable and restful break.

Reminders of Dates for your diary

- 17/01/19 2.30pm - Year 1 Phonics meeting
- 21/01/19 1.30pm - Year 5 Celebration
- 22/01/19 1.30pm - EYFS F1&F2 Celebration
- 23/01/19 9.30am - Year 3 Celebration
1.30pm - Year 2 Celebration
- 24/01/19 9.30am - Year 1 Celebration
1.30pm - Year 6 Celebration
- 25/01/19 9.30am - Year 4 Celebration
- 30/01/19 2.00pm - SEND Coffee Afternoon
- 14/02/19 8.50am – 9.30am meet the Leaders Coffee morning
- 14/02/19 School closes for Half Term
- 25/02/19 School reopens
- 13/03/19 Class Photographs and sibling groups
- 19/03/19 NSPCC Parent meeting 2.00pm Keeping your child safe online
- 01/04/19
To Interactive Art gallery 3.00-3.30 Everyday
- 03/04/19
- 04/04/19 3.30pm Film Night (details to follow shortly)
- 05/04/19 School closes for Easter holidays
- 24/04/19 School reopens

School Dinners

Please remember **all** school meals must be booked on line two weeks in advance . Ladies at the reception desk are happy to help

Daily Mile

Coming soon...

(see over)



The Daily Mile is coming to Sutton Park

Primary

We are introducing The Daily Mile for all the children at Sutton Park Primary. As a school we are very excited about this new initiative and we are looking forward to the benefits it will bring to your children.

The Daily Mile is an initiative which was started in 2012 by a Scottish head teacher concerned with children's lack of fitness.

The daily mile is simple to start in school. Every child in school or nursery goes out each day in the fresh air to (run or jog at their own pace for 15 minutes). It is not competitive though some will compete and that is fine. Most children will average a mile in 15 minutes, with some doing more and some doing less. It is not PE, sport or cross country but physical activity in a social setting which is aimed at improving the children's physical, social, emotional and mental health. The children participate in their ordinary clothes with trainers being ideal but not essential. It can help children to focus and concentrate in the classroom and raise attainment. And most importantly the children will really enjoy it.

Since 2015, the daily mile has been adopted by 3000 schools in the UK, and globally by over 5000!

WATCH OUT FOR OUR START DATE

WHAT IS THE DAILY MILE ? A simple, free health & wellbeing initiative that gets kids running, jogging or walking in a 15 min turnaround, from leaving the classroom until returning

WHEN? Teachers choose the time

WHO? Nursery school age upwards

HOW? It's simple: No need to change your kit or school shoes, no warm-up or set-up required - just pencils down and out you go!

WHERE? Wherever you can find enough space to run around safely, e.g. around a school field or playground

WHY? Healthier children do better at school and conditions such as obesity, heart disease and diabetes can be prevented in childhood. Schools are now being asked to provide 30 mins of physical activity every day to tackle childhood obesity, which The Daily Mile can contribute towards.

Cost:
FREE

WON'T IT TIRE THEM OUT?

Quite the opposite! There is a proven link between daily physical activity and increased attainment. We've found that children come back in rosy-cheeked and ready to focus.