



Dear Teachers and Headteachers,

Thank you for your interest in The Daily Mile. Our campaign has one aim – to improve the physical and mental health of UK children by encouraging more schools to sign up for The Daily Mile.

The Daily Mile helps to make children fitter, healthier and happier and has a positive impact on their behaviour and concentration levels, which helps to raise attainment. It is simple and effective, enabling every child, including those with special needs, to be active every day. It's free to implement, takes just 15 minutes per day, and the children love it.

Schools who are interested in starting The Daily Mile will find everything they need on our website including research showing the transformative impact The Daily Mile can have on children's physical and mental health and wellbeing.

Our [Core Principles](#) page explains how to do The Daily Mile properly. We also have a useful [FAQs](#) page with answers to the questions you may want to ask. On our [Resources](#) page you'll find a free e-Welcome Pack to help you get started, and a range of short videos produced by Daily Mile schools on our [Videos](#) page, so you can see what it looks like in action.

UK children are now the most overweight in Europe, and activity levels are worryingly low. Combine this with record levels of mental health issues in children and young people and it is clear that, as the adults responsible for the health of our nation's children, we must act now.

What you can do next:

We can all help tackle this problem together. Please join the thousands of schools worldwide who are already helping children to improve their health and wellbeing through The Daily Mile. All you have to do is visit our '[School Signup](#)' page: <https://thedailymile.co.uk/school-signup/>

Simply complete the form to get your school on the map! Your school will receive the latest free resources from The Daily Mile team, including an e-Welcome Pack to help your school hit the ground running with The Daily Mile.

If you have any questions, please email us at team@thedailymile.co.uk or call 0330 880 0100 between 7AM-8PM Mon-Fri, and 9AM-5PM Saturday/Sunday.

Good luck and happy running!

Elaine Wyllie, Founder of The Daily Mile