

Your Daily Mile Story

Thank you for choosing to share your experience of The Daily Mile! We love to hear Daily Mile success stories and celebrate all settings where The Daily Mile is being delivered in line with our **Core Principles**.



Name of setting:

Setting type:

e.g. primary school, nursery, SEN, childminder, etc.

Address:

Location of setting:

e.g. urban, suburban, rural, etc.

Region of your setting:

e.g. South West

Number of children
at your setting:

Contact name:

Contact email:

Tell us more...

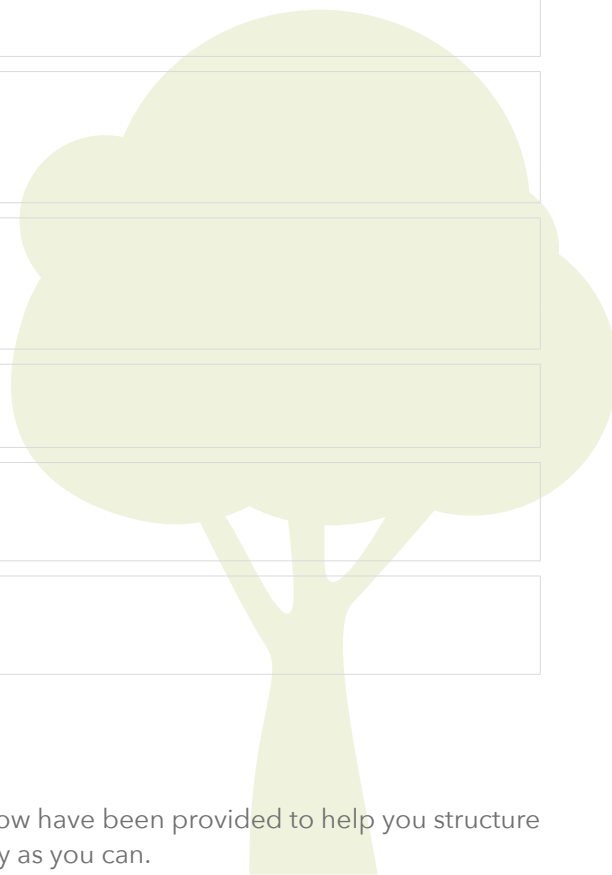
The questions and supporting prompts below have been provided to help you structure your Daily Mile story. Please answer as many as you can.

How long have you been
doing The Daily Mile?

e.g. 6 months, 1 year, 18 months, etc.

Where do you run
The Daily Mile?

e.g. playground, local park, running track, etc.



Did your setting experience any barriers when you began The Daily Mile and, if so, how did you overcome these?

e.g. small playground, uncertainty from staff, enquiries from parents, finding time, etc.

Since starting The Daily Mile, what have been the benefits for the children and what has been the impact on your setting?

e.g. happiness, improved concentration in class, increased sociability, better relationships, improved self-esteem, fitness, disclosures, attainment, etc.

Do you have any stories you can share about individual children or staff members who have particularly benefited from The Daily Mile?

e.g. children with a disability/complex needs, children with social difficulties, children with a medical condition, staff members who have experienced the positive impact on their own health and wellbeing, etc.



If you chose to link your curriculum to The Daily Mile, what has worked well for you?

Have you included parents and the community in some aspects of your Daily Mile?

Anything else you'd like to share with us about your experience of delivering The Daily Mile?

Do you have any quotes from children, staff or parents about The Daily Mile?

Submitting your story

Please email your completed story to team@thedailymile.co.uk along with:

- Your setting's logo as a .jpg file - so we can put this on our website with your story.
- Landscape photos or videos to accompany your story. To publish, we will require at least one landscape photo.

Terms & conditions: *By sending us your completed story, you are acknowledging that you have permission from the children's parents for photographs and videos to be shared on digital platforms. Your story may be published on our website, and shared across social media and other media platforms. Whilst we aim to showcase as many stories as possible on our website, we are unable to guarantee all submissions will be published. Don't forget your Head or Senior Management must have approved this prior to submission.*

Thank you for sharing your story!

The Daily Mile Foundation

