



Box CE VC Primary School  
High Street, Box  
Corsham, Wiltshire  
SN13 8NF

Headteacher: Jo French

Friday 25<sup>th</sup> May 2018

Dear Parents,

### Parents' Voice Group

The latest termly meeting of our school's newly re-formed Parents' Voice Group took place recently. The PVG is a forum where agenda items suggested by you, the parents, are researched, discussed, considered and responded to by the school, and I'm pleased to be able to report back to you now on our latest meeting.

#### The Daily Mile

The PVG was contacted with a proposal that the school examine the prospect of introducing an exercise initiative known as The Daily Mile. This scheme was an initiative that began in Scotland as a way of tackling childhood obesity and has been adopted by some schools in the UK with a view to boosting pupils' fitness and well-being, the idea being that time is taken out of the classroom to run or jog a mile a day.

As you'll know, here at Box we are already very keen to encourage and promote pupils' health and well-being through physical exercise both in and out of school.

In addition to the statutory curriculum requirements concerning PE, we feel we give lots of opportunities throughout the year for our children to be involved in sporting and physical activities; whether it be going on a welly walk, gardening, joining in a Bikeability session, taking part in one of the sporting teams that represent the school or doing a residential trip activity; all of our pupils are given a great deal of exposure to the benefits of exercise.

Just recently, you'll have seen a ParentMail from the school concerning The Big Pledge which is a scheme designed to get pupils active in whatever way best suits them. It can be anything from dog-walking or dance to kung fu or skateboarding - just so long as the children get moving and enjoy the benefits. Janine Stevenson has done some terrific work promoting this initiative recently and also in putting into place our pupil Sport Leaders who get the chance to run activities throughout our morning and lunch breaks, thus helping to increase everyone's activity levels.

The school also has various lunch time and after-school clubs such as multi-sports, football, gardening and airborn so you'll see that we really do feel that promoting opportunities to get active is high on the agenda here at Box.



Additionally, it's inevitable that potentially taking an hour and a quarter out of the school week to accommodate The Daily Mile would mean that other subjects would be displaced. There are only so many hours in the week, sadly, so any adjustment to the school day could mean that other enrichment activities - those perhaps appreciated by the more artistic and creative, for example - would need to be taken out of the curriculum to accommodate the time used. So, while we thank parents for raising this idea at the PVG, we've concluded that, on balance, the Daily Mile is not something we'll be adopting here at Box. Of course this will be reviewed if there is a problem with our childrens' health.

However, as always, we strongly encourage parent-led after-school activities across all interest areas, so please do contact us if you feel you could initiate and lead this particular activity; we'd be very happy to give you guidance and advice. If you have a subject that you'd like to be considered for discussion at the next meeting of our Parents' Voice Group, please contact me ([stephen.clark@box.wilts.sch.uk](mailto:stephen.clark@box.wilts.sch.uk)) or any other member of the governing body. Our contact details can be found on the school's website - <http://www.box.wilts.sch.uk/index.php/about-our-school/governors>.

You can also, of course, simply come for a chat or pop your question or query through the office post-box at the school.

We look forward to hearing from you.

Very best wishes

Stephen Clark

