



Please complete and return to school by Monday 30<sup>th</sup> October.

I will / will not (delete as appropriate) be interested in participating in this event with my son/daughter.

Please list parent/s names

1. \_\_\_\_\_

2. \_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_



As you may know, Oaklands pupils successfully completed the Marathon Festival in June last year. Inspired by the success of that day we have signed the School up to the Daily Mile Campaign.

The aim of the Daily Mile is to improve the physical, social, emotional and mental health and wellbeing of our children – regardless of age, ability or personal circumstances.

It is a profoundly simple but effective concept, which any primary, nursery and special school can implement. Its impact can be transformational – improving not only the children's fitness, but also their concentration levels, mood, behavior and general wellbeing.

**On Friday the 3<sup>rd</sup> of November we are going to launch our Oaklands Mile. We have adapted the Daily Mile challenge to make it fully inclusive for all our young people. It will be embedded into our daily school activities with each pupil achieving mile certificates at their own pace.**

**We would like to make this a family event and if you would like to come along and support your child around the course, we would love to have you there.**

Maria Lyle Paralympic Medallist will be in to inspire us on our Oaklands Mile journey.



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At the age of 16, Maria Lyle is fast becoming one of the hottest properties in para-athletics

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