

## NEWSLETTER 17

25<sup>th</sup> March 2021



### The Daily Mile

In Term 5, all classes will be taking part in 'The Daily Mile' at least three times a week. Please see attached leaflet giving information about The Daily Mile. The activity will take place at school at various points during the school day. You may wish to look at the website for activities to do at home. Among the benefits of doing

The Daily Mile are that it improves the physical and mental health and wellbeing of children. It is a simple and straightforward initiative that has been acknowledged for [reducing childhood obesity](#) and recognised within the [UK Government's 2018 Childhood Obesity Strategy](#).

#### **Dates for your Diary**

**Thursday 1<sup>st</sup> April**

Last day of Term 4

**Friday 2<sup>nd</sup> April - Friday 16<sup>th</sup> April**

Easter (April) Break

**Monday 19<sup>th</sup> April**

Children return to school

**Friday 30<sup>th</sup> April**

Staff Training/Inset Day

**Monday 3<sup>rd</sup> May**

May Day holiday

**Friday 28<sup>th</sup> May**

Last day of Term 5

**Monday 31<sup>st</sup> May - Friday 4**

**June**

Whitsun (May) Break

**Monday 7<sup>th</sup> June**

Staff Training/Inset Day

**Tuesday 8<sup>th</sup> June**

Children return to school

**Thursday 22<sup>nd</sup> July**

Last day of Term 6 for children

**Friday 23<sup>rd</sup> July**

Staff Training/Inset Day

#### **Change to Lunch Menu on Thursday 1<sup>st</sup> April**

There will be a change to the school lunch on Thursday 1<sup>st</sup> April. The choice on that day will be Fish Fingers and Chips or Quorn Nuggets and Chips. Please note that the change will not show on Parentpay. Please choose the main or vegetarian option shown for that day if ordering on Parentpay.

#### **Reminders**

##### **Sent home since last Newsletter**

**All Years** - Parentmail re school term and holiday dates consultation.

**All Years** - Parentmail re Relationship and Sex Education in school.

**6CC** - Parentmail re headlice.

**Rec** - Parentmail re bonfire and teddy bears' picnic dates.

##### **Attached to this week's Newsletter**

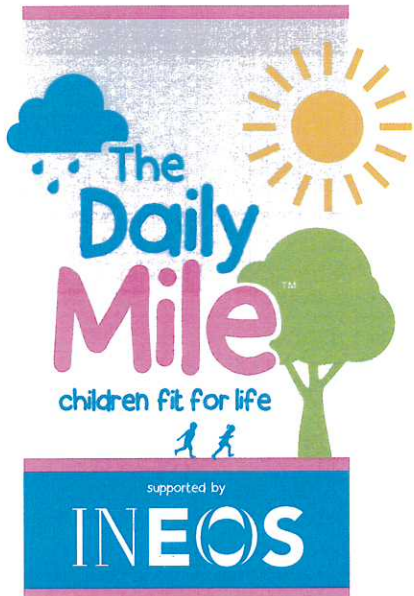
The Daily Mile Leaflet.

Child Therapy Service Coffee Morning Leaflet.

##### **Early Bird Club Contact Information**

Contact details for Early Bird Club are below. If you would like to book your child into Early Bird Club for the first time, please contact them on the email below. If your child already attends Early Bird Club, please ensure to complete the booking form which will be sent out via Parentmail each Monday. [breakfast@battlelangton.e-sussex.sch.uk](mailto:breakfast@battlelangton.e-sussex.sch.uk)





Founder of  
The Daily Mile,  
Elaine Wyllie,  
MBE



## Join the movement

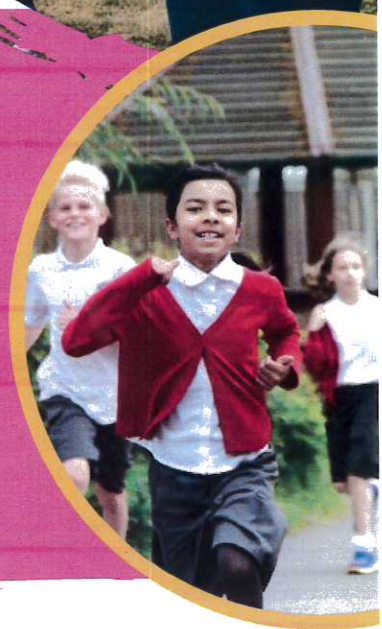
### What is The Daily Mile?

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 school can implement completely free of charge and without the need for staff training. Its impact can be transformational – improving not only the children’s fitness, but also their attainment, mood, behaviour and general wellbeing. The Daily Mile is not sport or PE, but health and wellbeing through daily physical activity.

Children are encouraged to jog or run outside for 15 minutes every day at a time of their teacher’s choosing. In this time, most children will average a mile or more distance – and so, The Daily Mile is born!

To find out more, visit [www.thedailymile.co.uk](http://www.thedailymile.co.uk)



### Why The Daily Mile?



It’s fun!



It’s 100% inclusive – every child.



The weather is a benefit, not a barrier.



No track required.



It’s simple.



Children run and jog at their own pace.



No kit, equipment or set-up required.



It’s safe – children do The Daily Mile in school.



Teachers decide when their class should do their Daily Mile.



It only takes 15 minutes!



Join The Daily Mile movement at [www.thedailymile.co.uk](http://www.thedailymile.co.uk)

[/thedailymile.uk](https://www.facebook.com/thedailymile.uk) [@\\_thedailymile](https://twitter.com/_thedailymile) [@thedailymileuk](https://www.instagram.com/thedailymileuk)



# MORE THAN A COFFEE MORNING

Sometimes, all we need is to be with like-minded people, who understand. These bi-weekly coffee mornings give parents and carers a chance to off-load their anxieties and stress, in a safe place.



HOST: TRACY CHADWICK  
EDUCATIONAL CONSULTANT – TRAINER – AUTHOR – COACH



**THE CHILD THERAPY SERVICE CIC**  
SOCIAL, EMOTIONAL & MENTAL HEALTH RESOURCES, TRAINING & SUPPORT

[WWW.CHILDTHERAPYSERVICE.ORG.UK](http://WWW.CHILDTHERAPYSERVICE.ORG.UK)

**#FRIENDLYSUPPORT**

**[WWW.CHILDTHERAPYSERVICE.ORG.UK/COFFEE](http://WWW.CHILDTHERAPYSERVICE.ORG.UK/COFFEE)**

**#FREE.DONATION**