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To: All Headteachers

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THE SCOTTISH DAILY MILE

We are delighted to see schools across Scotland participating in The Daily Mile initiative. Elaine Wyllie, former Headteacher at St Ninian's Primary school in Stirling, started the initiative and now around 800 Scottish schools are involved. The Daily Mile continues to support children and young people in their health and wellbeing and also supports raising attainment and closing the equity gap within education.

This simple and effective concept chimes within the principles of Curriculum for Excellence and schools are seeing the difference that running, jogging or walking for 15 minutes every day has on children's physical and mental wellbeing. In this time, most children will average at least one mile. Teachers and parents are also noting significant improvements in relationships amongst children as well as between pupils and teaching staff. The Scottish Government, supported by The Daily Mile Foundation, would like to encourage all nursery and primary schools to take part in The Daily Mile, to achieve the vision of a Scotland where more people are more active, more often.

You may be aware that the UK Chief Medical Officers published guidance setting out the [physical activity recommendations](#) for children and young people last year. These are designed to encourage health and early years professionals to speak to children and young people about why it's important to be active. The guidance highlights some of the benefits of physical activity, such as building confidence and skills, improving concentration and learning, and improving sleep, as well as being good fun and good for health. Further to this, next month, the Scottish Government will launch a consultation on the proposed new Obesity Strategy where physical activity will be a key feature. Encouraging people to eat better, be more active and have a positive mind-set are key to making healthier life choices.

In 2016, our Programme for Government made a commitment for Scotland to become the world's first 'Daily Mile Nation', and we are today encouraging roll-out of the initiative to all nurseries, schools, colleges, universities and public sector workforces across the country. Today, we are writing to all of those sectors encouraging people to participate in this initiative to help reduce health inequalities within Scotland and to reduce the impact on our National Health Service.



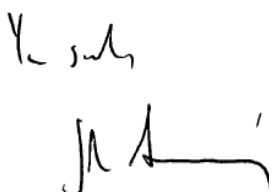
We are committed to support every school in Scotland to join The Daily Mile movement. Every school that signs up and continues to be actively involved will receive a reward pack around Easter 2018 which will include water bottles and pedometers for every child that is taking part. Further details of how to claim your reward pack will be sent out closer to the time. We are also pleased to confirm that we will be working with Sir Andy Murray, who will be encouraging schools to sign up and take part and share with us their stories.

To start you on your Daily Mile journey we ask you to encourage your schools to register so that they can join the growing number of participants in The Daily Mile community, and share their journey with other schools from Scotland and across the world. Please do so by using the registration link: www.thedailymile.co.uk/school-signup


We know that there are particular challenges that schools face, particularly at secondary level, and to help address these concerns you can find a question and answer factsheet at : www.thedailymile.co.uk/faq

We are excited by the strong progress of the initiative since its birth in 2012 and look forward to supporting you and hearing about your school's progress as we push towards Scotland becoming a Daily Mile Nation.

If you would like some further support, Elaine Wyllie, Founder of The Daily Mile, would be happy to be contacted and consult with you to help support you in your Daily Mile Journey. To request some support from Elaine and download free resources to help you get started, visit: www.thedailymile.co.uk



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Deputy First Minister



AILEEN CAMPBELL
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