

St Nicholas CE Primary School

Belonging, Believing, Becoming

Active Mile Policy

This policy reflects the aims and philosophy and complements the physical education policy of the school.

“The health and well-being of our children critically determines their opportunities in life. Today, nothing threatens that more than childhood obesity.

Children who are obese or overweight are increasingly developing type 2 diabetes and liver problems during childhood. They are more likely to experience bullying, low-esteem and a lower quality of life and they are highly likely to go on to become overweight adults at risk of cancer, heart and liver disease. They are also disproportionately from low-income households and black and minority ethnic families. So when more than one in three children are obese or overweight by the time they leave primary school, and with these numbers only getting worse, it cannot be a question of whether we act to address this, but rather how.

We all have responsibility to work together to support young people in meeting this challenge. Whether we are parents, teachers, businesses, local leaders or health professionals, we must all play a role in helping to improve the health of our children and give future generations the best possible start in life.” Childhood Obesity a Plan for Action June 2018.

At St Nicholas CE Primary School, we want to ensure that we are giving children the best possible start in life. In the Childhood Obesity Plan, the government states:

“Schools have a fundamental role to play in helping equip children with the knowledge they need to make healthy choices for themselves, and in creating a healthy environment for children to learn and play. We remain committed to delivering the actions in our 2016 plan which set out our commitment to supporting all children with high quality nutrition and at least 30 minutes of physical activity per day while at school.”

“We recommend that during the school day, schools should be responsible for delivering at least 30 minutes of the total recommended 60 daily minutes of moderate to vigorous physical activity for children and young people. For many schools it can be difficult to identify the right opportunities to meet this recommendation. Active mile initiatives provide a simple means of significantly contributing to this recommendation and early research has suggested such schemes can deliver on well-established links between physical activity, and improved wellbeing and educational attainment. Therefore we will promote a national ambition for every primary school to adopt an active mile initiative, such as the Daily Mile. **Schools will have the flexibility to do so in a way that best suits their facilities and students** and we will review how the Primary PE and Sport Premium can be used to support it.”

In our school, we are very fortunate to have an all-weather track which enables all our children to participate in an active mile at the end of lunchtime break. The children will have plenty of time to eat their lunch, play and then get active before returning to class for afternoon lessons. Children will complete the mile four times per week with free play for the full lunchtime session each Friday. Morning break times will also be dedicated to free play, however, the children are able to use the track during this time, if they wish to do so.

If children are well enough to be in school, it will be assumed that they are well enough to complete the mile, unless we have received confirmation in writing from parents in exceptional circumstances. If the children wish to change into their school pumps to protect their shoes, they can do so at the start of lunchtime, before they leave their class.

The active mile can be completed in all weathers and it is important that the children come to school with a warm, waterproof coat each day so that they have the opportunity to get active even when it is raining.

Review:

Member of staff responsible: R. Woods

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Date approved by the full Governing body: November 2018

Last Reviewed: November 2018

Date to be reviewed: November 2019