

# HERTFORDSHIRE COUNTY COUNCIL

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Westfield Primary School  
& Nursery  
Durrants Lane  
Berkhamsted  
Herts. HP4 3PJ

April 2018

## Daily Mile for all ages

Dear Parents and Carers,

On **Friday 4<sup>th</sup> May at 9am and 3pm**, we are running a fun 'Daily Mile for all ages' event to help Hertfordshire County Council launch a new campaign called 'It's Never Too Late to be Active'.

The children have been asked to invite an older adult they know to run, jog or walk The Daily Mile with them at this enjoyable, one-off family event. This could be an older family member, a family friend or a friendly neighbour. **Parents and carers are automatically invited to take part.**

On the day, we will be encouraging everyone taking part to sign up to the campaign at [www.hertfordshire.gov.uk/nevertoolate](http://www.hertfordshire.gov.uk/nevertoolate). If you sign up to the campaign and indicate in the registration survey that you were prompted to sign up by this school, we will be entered into a prize draw to win £1000 for health and wellbeing activities at the school.

Anyone signing up will also receive a free local activity pass for themselves and a friend; personalised support to help them get active; and the opportunity to enter a prize draw to win prizes themselves, including an iPad, a Fitbit and a £100 clothing voucher.

Being active has many physical and mental health benefits whatever our age; yet a quarter of 55-64 year olds are completely inactive and two-fifths are not meeting the recommended guidelines of 150 minutes activity a week. These figures are much higher for those aged 65+.

We are already doing The Daily Mile at this school to help the children be more active. We hope that this campaign will inspire older adults to move more too, and help all ages feel the benefits of regular activity and having fun together!

The Never Too Late campaign is part of Hertfordshire's Year of Physical Activity (#HertsYOPA18).

**Please note our Year 1 class assembly due to take place on the same day will now start at 9.15am. Year 1 parents and carers are welcome to join Year 1 class after their assembly for their own 'Daily Mile for all ages' event.**

Please complete the **reply slip attached and return to school by Monday 30<sup>th</sup> April 2018.**

On the day of the event, children will register as normal in the morning and then parents will be directed around to the outside of their child's classroom. Please collect your youngest child first and then collect older siblings from their respective classrooms (via outside classroom doors). Our teaching staff will then direct you to the playground to take part in the event. Thank you.

We look forward to welcoming you to our Daily Mile event.

Regards

Mrs Ayles  
PE Co-ordinator



**Daily Mile For All Ages – Friday 4<sup>th</sup> May 2018**  
**9am and 3pm**

Child's Name ..... Class .....

**9am Daily Mile**

I / We will be taking part in the Daily Mile For All Ages event at 9am:

Parent/Carer .....

Invited Adult .....

**3pm Daily Mile**

I / We will be taking part in the Daily Mile For All Ages event at 3pm:

Parent/Carer .....

Invited Adult .....

**Year 1 Daily Mile**

I / We will be taking part in the Year 1 Daily Mile For All Ages event:

Parent/Carer .....

Invited Adult .....

Signed Parent / Carer.....