**Upper Beeding Primary School**

**School Road, Upper Beeding, BN44 3HY.**

**Tel: 01903 812288 Fax: 01903 816401**

**Email: office@upperbeeding.w-sussex.sch.uk**

**Website: https://upper-beeding.eschools.co.uk/web**

**Head Teacher: Mrs R Linford**



Dear Parent / Carer,

We are delighted to announce that our school will be participating in a new exercise initiative called **The Golden Mile**. The Golden Mile is a safe, simple and measurable health initiative aiming to inspire and encourage the school community through physical activity with the focus on fun and rewarding personal achievement.

Every pupil can choose to run, jog, or simply walk and chat to their friends whilst travelling around the Golden Mile track. Children will be able to complete laps during PE lessons and lunchtimes.

We’ve challenged the pupils to complete a total of 50 golden miles by the end of the year.

Certi­ficates for 10 Miles (Bronze), 25 Miles (Silver) and 50 Miles (Gold) are awarded to children as they progress.

*“The Golden Mile represents an excellent opportunity for primary school children of all abilities to get fit and be active. The project is simple, effective and accessible to all schools, children and parents. It really is an innovative and interesting project that will be embraced by both children and schools.”* **The Golden Mile Ambassador, Olympic Gold Medallist Duncan Goodhew MBE**

Individuals can monitor their distances online at school, and are able to print graphs and compare progress with previous weeks, months or even years!

This is a fantastically simple scheme, which has many endorsements by university studies, teachers, parents and pupils themselves! ([www.golden-mile.org](http://www.golden-mile.org))

If you have any questions about The Golden Mile please contact your child’s class teacher.

Many thanks

Brian Jones

Sports Leader