

Healthy Outdoors for Schools



St. Leonard's School, Bridgnorth The Daily Mile - progress report

Over a year has passed since St. Leonard's school took up the mantle and commenced the Daily Mile with the support of Shropshire Council's Outdoor Partnerships service through the 'Healthy Outdoors for Schools' pilot initiative.

The '**Healthy Outdoors for Schools**' pilot project was launched by the Outdoors Partnerships Service in 2016, to support schools to get children walking to increase their activity levels and aid a healthier lifestyle.

Helen Foxall, Walking Coordinator took time out from her usual role with Walking for Health to undertake the pilot project. Two schools: St. Leonard's School Bridgnorth and St. George's School, Clun, took part in the pilot. Both schools decided to start the Daily Mile (DM) with Helen's support.

St. Leonard's began the Daily Mile during autumn term 2016 and it is now an integral part of the school day and culture.

All classes and age groups go out, meaning that all 329 pupils are now walking or running a mile a day within the school day. Only a few days were missed during the last school year and these were due to particularly inclement weather or school trips. Evaluation results have been very positive.

It is heartening to see what has been achieved by the school. Having adopted this small change to incorporate the Daily Mile in the school day, the staff are now seeing the positive difference it is making to the health and wellbeing of the pupils. The impact on some has been particularly notable teachers report. Staff have given examples of children who have been brought out of their shells through taking part in the Daily Mile, which has helped build their confidence, whilst the stamina in others has increased as a result, meaning they have been able to enjoy further activities outside school that they were not doing previously.

It is great to hear how well it is now embedded into the school, with children even asking teachers '*when are we going out*' if they have not yet gone out to do their DM that day.

Here are some quotes from staff and pupils on how they feel about the Daily Mile:

Children:

"stuffy in class but when get out, think about what have learnt"

"More awake when back in" the classroom

The children gave an overall "YES" when Helen posed the question would they recommend the DM to other schools?

"Do lessons and feel bored, gets you some fresh air, happy, not grumpy from doing lessons"

“Mr Archer does some funny dance actions to make it more fun for the reception class and its fun for year 5 too!”

“Some people in our class like doing friendship laps, where you can either run or walk with someone you don’t usually talk to – it’s a great way to get to know people.”

Staff:

“During discussions with parents at recent parents evening meetings; it is clear that children and parents are behind the daily mile scheme and are seeing the benefits in their children’s fitness levels outside of school.”

“Children enjoy it”

“a structured break from academic work for those who struggle”

“every child from reception to year 6, each class and sometimes in mixed classes” go out on the Daily Mile

“Generally, the children are much fitter and more athletic than previously. Everybody is getting some miles in and has advanced with fitness”

School	Number of classes	Number of pupils	Number of Children attendances for Daily Mile during Autumn Term 2016 (since commencement on 26th September)	Number of Children attendances for Daily Mile during Spring Term 2017	Number of Children attendances for Daily Mile during Summer Term 2017	Total number of Children attendances for Daily Mile during the 2016/17 academic year
St. Leonard’s School, Clun	10	329	Estimated figure based on Spring’s data as detailed figures received from Spring term onwards: 12,225	12,763	13,163	38,151

Key:

Total attendances = the total number of times the children go out on the Daily Mile (DM) during that period.

For example, if 10 children walked / ran the Daily Mile 5 times in a week the total number or children attendances would be 50, for that week.

The Daily mile is a wonderful, fun way to help all children to increase their daily physical activity levels, and help towards achieving their daily physical activity targets recommended by the Government.

Government physical activity guidelines for CHILDREN AND YOUNG PEOPLE (5–18 YEARS)

1. All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
2. Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.
3. All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods.

The joy of the Daily mile is that once it is up and running it is simple and easy to do, fully inclusive and is a long-term sustainable activity that will continue to benefit future generations at the school. It is also something that the children can easily carry over into their leisure and family time with no or little cost implications, for families to enjoy walks in the local area and on holidays.

Further to the success of the pilot project, the Outdoor Partnerships Service hopes to roll out the **Healthy Outdoors for Schools** initiative to schools across the county; funded via the primary schools PE and sports premium. The results from St. Leonard's and St. George's Schools, including a video with footage from staff and children about their experiences of the Daily Mile is being used to showcase what has been achieved and encourage other schools to take up this opportunity and start up the Daily Mile and other walking initiatives.

A further aim of the project was to highlight the fun and free activities offered by being out in the countryside and encourage families to explore the outdoor areas on their doorstep.

For ideas of where to go in Shropshire's great outdoors, with downloadable walking routes, events and information about local countryside parks and sites across the county, please visit www.shropshiresgreatoutdoors.co.uk

For more information about the Daily Mile please visit the Daily Mile national website www.thedailymile.co.uk

Well done to all the staff and pupils of St. Leonard's and keep walking, running, hopping, skipping and enjoying the Daily Mile!

Helen Foxall

Walking Coordinator



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For more information on where to go in Shropshire visit <http://www.shropshiresgreatoutdoors.co.uk>
 www.shropshire.gov.uk