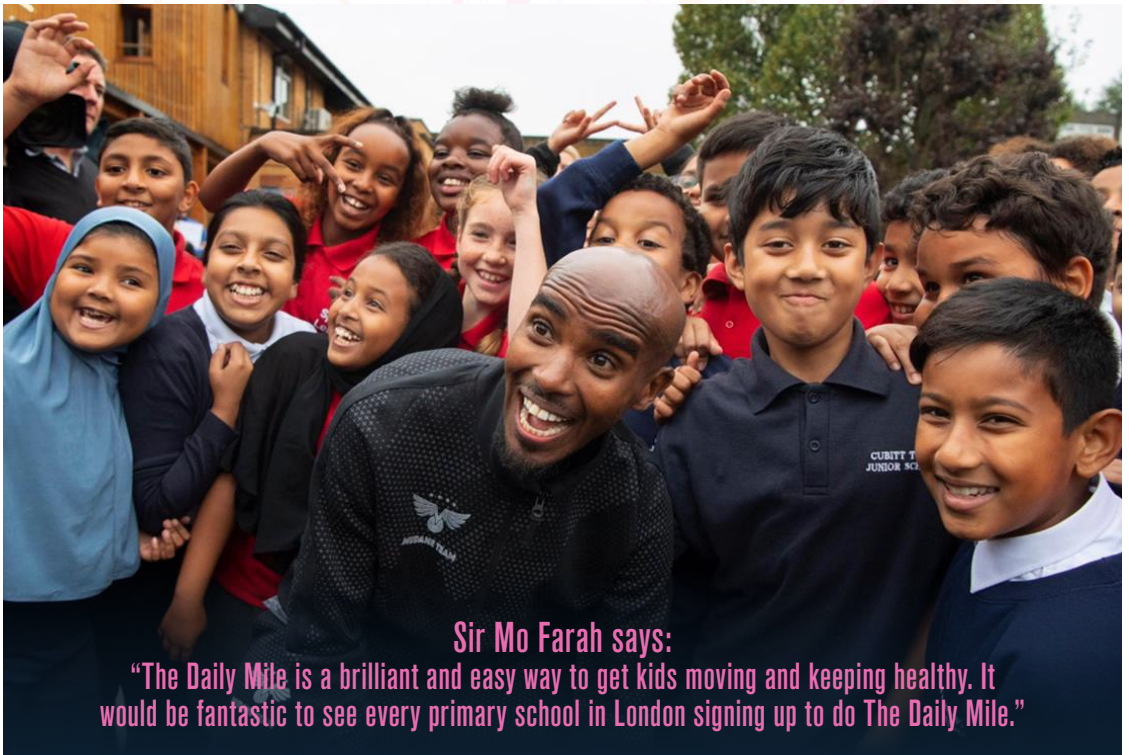




Would you like Sir Mo Farah to visit your school?  
Take up The Daily Mile<sup>®</sup> and you could win a visit from Sir Mo!



Sir Mo Farah says:

"The Daily Mile is a brilliant and easy way to get kids moving and keeping healthy. It would be fantastic to see every primary school in London signing up to do The Daily Mile."

Every London primary school that is operating The Daily Mile during the first half of the summer term can enter the draw to win a visit from Sir Mo Farah!

MAYOR OF LONDON

LONDON MARATHON  
EVENTS



HEALTHY SCHOOLS  
LONDON



**Olympic runner Steph Twell:**  
*"I'm a huge supporter of The Daily Mile.  
 We all know the huge benefits it brings  
 for both physical and mental health"*



*Mo and Sadiq join forces to help combat obesity*

London Marathon Events is working with the Mayor of London and The Daily Mile Foundation to introduce The Daily Mile to primary schools in London. We are inviting you to enrol your school in The Daily Mile. Help your children get fit for life, improve their learning and transform their physical and mental health.

It's free. No equipment is required and children participate in their school wear and shoes – no need to change. It's 15 minutes desk to desk at any time during the school day for all ages and abilities. It's non-competitive and fully inclusive.

Every London primary school that has signed up to The Daily Mile website and is doing The Daily Mile for the first half of the 2019 Summer Term will be entered into a draw to win a visit to their school by Sir Mo Farah!

### **What headteachers say:**

**Aaron Sumner, Headteacher, Hallfield Primary School, London W2:**

"The Daily Mile is inclusive to all abilities and all children. It ensures active stimulation of body and mind. Pupils are healthier both physically and mentally, coming back to class ready to learn and engage. The Daily Mile forms part of our wider strategies and has contributed to a marked increase in fitness, attendance and results."



The Daily Mile is up and running in:

500

Schools in London

5,300

Schools in the UK

8,000

Schools in 60 countries

Research shows that schools operating The Daily Mile regularly report:

Children are happier.  
Stress and anxiety  
are reduced

Fitness and energy  
levels are improved

Better focus and  
concentration in class

Sadiq Khan, Mayor of London:  
“We are backing The Daily Mile's  
campaign to help children across  
London get more active and enjoy  
regular exercise as part of a  
healthy lifestyle”



The Duchess of Cambridge learning about the  
benefits of The Daily Mile at a visit to Lavender  
School, Enfield



## What headteachers say:

**Robyn Bruce, Headteacher, Cubitt Town Junior School, London E14:**

“Part of our vision is for all children to be aware of the impact of exercise on their health and wellbeing. The Daily Mile has raised this awareness, increased fitness levels and the aspirations of both pupils and parents. Students do not learn if they are tired. Doing The Daily Mile stimulates children, improves readiness to learn, social integration and there is an immediate effect on their health.”

**Taking part in The Daily Mile can help schools to achieve Healthy Schools London Awards.**

**Find out more and sign up today at [thedailymile.co.uk](http://thedailymile.co.uk) and a welcome pack will be sent to you**

**Email us at [thedailymile@londonmarathonevents.co.uk](mailto:thedailymile@londonmarathonevents.co.uk) with any questions. We're here to help.**



**If you would like to enter the draw to win a visit from Sir Mo Farah:**

**1.**

Sign up your school at  
[thedailymile.co.uk](http://thedailymile.co.uk)

**2.**

Get your children  
running

**3.**

Complete and return  
the questionnaire

**MAYOR OF LONDON**



**LONDON MARATHON  
EVENTS**



**HEALTHY SCHOOLS  
LONDON**