

# Weekly News

## The Daily Mile

What better way to start the New Year than by introducing **The Daily Mile**. The Daily Mile is a fully-inclusive, free and simple initiative which Kedington Primary are introducing to help improve the physical and mental health of children. It's a social activity where the children run, jog or walk

at their own pace, for 15 minutes around the school field, three times a week. Not only does this help improve fitness, but it is also proven to help children focus in the classroom. The children will be running the daily mile with their class mid-afternoon on Mondays, Wednesdays and Fridays. The children will run in their uniform and do not need to wear their trainers! We encourage all children and staff to join in at their own pace; we can't wait to see how the children progress and start to recognise their self-achievements! Miss Jolland



## Christmas Cards

The post box is up! As explained in last week's newsletter, we are encouraging children to just write one special card to their class this year. This suggestion came from some members of staff who felt children would enjoy having their card shared and celebrated in class in this way. They also felt children would rise to the challenge of using their best handwriting and thinking carefully about the message they would write. At the same time, this would also reduce waste and the time and expense of writing individual Christmas cards. However, this is just an option and children may still bring in cards for their friends and put them in the post box in the usual way.

## Forthcoming Events

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| <b>Monday 9<sup>th</sup> December</b>     | - <b>Nativity Dress Rehearsal - 2.00pm</b>   |
| <b>Tuesday 10<sup>th</sup> December</b>   | - <b>Reception Christmas Play - 2.00pm</b>   |
| <b>Wednesday 11<sup>th</sup> December</b> | - <b>Nativity Production - 6.00pm</b>  |
| Friday 13 <sup>th</sup> December          | - Year 3 Assembly  |
| Wednesday 18 <sup>th</sup> December       | - Christmas Carol Service at Church 1.30pm - Refreshments/<br>Mince Pies to be served by the PTFA in the school hall after<br>the service. |
| Friday 20 <sup>th</sup> December          | - End of term - 1.30pm finish  |