



GB athlete and former Beechwood pupil Alastair Chalmers went back to his old school to inspire pupils in a wet start to the Daily Mile.
(Picture by Alex Warlow, 20381339)

Daily Mile is given a star send-off

by Alex Warlow

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CHILDREN from eight primary schools have begun the Daily Mile initiative aiming to each walk or run the distance every day.

Alun Williams, Education's Lifelong learning manager and coordinator of the Be Active Forum, said the idea was not to promote competition but for the children to gain the benefits of regular exercise.

Launching the initiative at Beechwood, Mr Williams was joined by Great Britain athlete and former Beechwood pupil Alastair Chalmers.

'Elaine Wyllie, who founded the Daily Mile in Scotland, came over for our Thrive conference and said that of all the places to put this into practice, Guernsey would be ideal - it's also suited to a community approach,' said Mr Williams.

The initiative began in 2012 and there are now more than 3,000 schools involved.

'Doing 15 minutes of exercise a day, which equates to about a mile of walking, goes some way towards the ideal hour of physical activity children should be doing every day,' he said.

'The feedback we've got shows that taking part in the Daily Mile leads to students being more engaged at school.

'We have our celebrity endorsement from Alastair and other athletes have been going back to their schools to promote the scheme.

'We also have student ambassadors in each of the schools who we will be talking to over six to eight weeks to see how the scheme is going,' Mr Williams said.

The schools taking part are St Martin's, Castel, St Anne's, Alderney, Beechwood and Acorn House, Hautes Capelles, Vale, Forest and Le Rondin.

Pupils at Hautes Capelles have been doing the mile for 18 months. The aim is for the schools to make the scheme a permanent fixture.

Pupils will find 15 minutes out of their day to do the mile as well as their regular PE lessons.