

# St. Mary's will join in wishing a happy 10<sup>th</sup> birthday to the Daily Mile!

On Thursday 28<sup>th</sup> April we will join thousands of other schools around the world by walking, jogging or running the Daily Mile together, all on the same day!

We will celebrate and discuss the positive benefits that daily activity has on children's physical, mental and social health.

All pupils will wear their PE gear to school on Thursday.

Be sure to look out for photos of us all!

