



PARENTAL EVALUATIONS

ANY NEGATIVES OR CONCERNS?

- I am concerned about whether the daily miles will continue while the building work is being done - please KEEP the daily mile.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

I am a great believer in the daily mile exercise. This improves their stamina, fitness and wakens them up between lessons, breaking up their day - keeping the learning exciting. Please keep this going in the new school grounds.

ANY NEGATIVES OR CONCERNS?

reminding children to change into their 'daily mile shoes' so not to ruin their school shoes.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

This healthy for my child, ~~because~~
Fresher body and mind
also drops a few calories so is
healthy for figure.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- gives them daily exercise
- encourages them to beat their personal best with the number laps they do - (they love this!!)
- gives them an insight to doing/taking part in a sport - regular training

ANY NEGATIVES OR CONCERNS?

My only negative and it's a small one are school shoes. The boys don't always change into their trainers and their school shoes get wrecked!

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- Noticeable benefits to child's fitness
- Valuable exercise during winter in particular when working parents find it difficult to get children outside
- More stamina than children from other schools of similar ages (this was obvious during a recent visit to a theme park).

ANY NEGATIVES OR CONCERNS?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- Both children have become fitter
- They enjoy the 'outdoor' aspect & freedom to run at their own pace
- Both children have encouraged their parents to follow their example regarding regular exercise.
- It has taught them the benefit/importance of regular exercise and hopefully they will take this and continue to exercise during the teenage years & adulthood.

ANY NEGATIVES OR CONCERNS?

None - Please do not stop. The whole family thinks it is great.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- * HELPS KEEP THEM FIT.
- * FRESH AIR IS GREAT FOR THEM:-
- * PERHAPS HELPS OTHER CHILDREN WHO DONT ENGAGE IN EXTRA CURRICULAR ACTIVITIES OUTSIDE SCHOOL KEEP FIT/HEALTHY.
- * FRESH AIR ~~RE-ENERGISES~~ ^{RE-ENERGISES} KIDS WHO MAYBE START TO LOSE CONCENTRATION IN A STUFFY CLASSROOM.
- * MY DAUGHTER VERY MUCH ENJOYS THE DAILY

ANY NEGATIVES OR CONCERNS?

- * I THINK ITS IMPORTANT, FOR CHILDREN TO FULLY BENEFIT FROM THE DAILY MILE, THAT THEY ARE ENCOURAGED TO RUN RATHER THAN WALK ROUND CHATTING TO FRIENDS.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

"Gives me space to run about" "I look forward to it"
"Gives me some fresh air" "healthy"
"I go round with my friends"

The daily mile is a fantastic idea. When I first heard about it just before Liam started in P1 I had never heard of other schools doing anything similar but now a few years later I think other schools may have adopted the idea.

St. Vincent's School has done well at race events and I am sure the daily mile must contribute to kids fitness in a positive way.

ANY NEGATIVES OR CONCERNS?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- "It's beast and it boosts your fitness".
- x kids get fresh air
 - x I'm sure clearing heads helps concentration
 - x encourages positive life. Long good habits
 - x can be challenging
 - x a positive way to channel excess energy

ANY NEGATIVES OR CONCERNS?

none -

This is a very positive thing for our kids to be involved in.

In the past the dirty trousers & shoes was an issue but I believe the benefits outweigh any small concerns

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

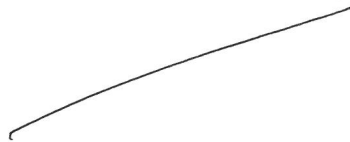
I have a very active child. who benefits greatly from regular daily exercise. The health benefits speak for themselves.

A fantastic way to encourage our children to be fit and healthy. All within a fun environment.

Keep it up!



ANY NEGATIVES OR CONCERNS?



THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- My son absolutely loves the daily mile.
- He always tells me if he has done it that day at school and is very enthusiastic about it.
- One of his favorite things to do is running.
- We feel as parents that he focuses better after fresh air and exercise.
- From a health point of view we think it is excellent and must admit we are a little concerned about what will happen with the daily mile while the up and coming work is carried out at the school.

ANY NEGATIVES OR CONCERNS?

None.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- keeps them energised for the day
- probably allows them to concentrate better on their work.
- obviously helps to keep them fit
- allows them to socialise with friends and not just view exercise as a competitive sport but something to enjoy.

ANY NEGATIVES OR CONCERNS?

No. (although Lewis is always covered in mud - but I absolutely don't mind!).

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- Daily exercise - a good habit to encourage.
- Personal goals - improving each day/week
- Enjoyment - she talks very proudly about doing the Daily Mile
- Fresh air and a break from indoor work
- She feels like she has the same 'hobby' now as her Dad who she sees running in competitions

ANY NEGATIVES OR CONCERNS?

- Will it be continued when new school being built?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- I think the daily mile is a brilliant idea
- It encourages fitness
- Helps childrens mental ability -
- I hope may it continue.

ANY NEGATIVES OR CONCERNS?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

Both my children enjoy it! I have watched my 4 year old son ask to run a lap of the route after nursery collection and him and his friends sprint off to run it. I have been pleased to see that in time he is able to run an entire lap - now. I didn't do any running prior to high school - so by the time I had high school P.E, it was a real shock to the system. All children want have that. They will be prepared and hopefully enthusiastic to show off their running skills. All the children seem to enjoy running it, there is no pressure. Its relaxed and even when they are walking, they are at in the fresh air being exercised. It can only be good.

ANY NEGATIVES OR CONCERNS?

None.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- An opportunity to get outdoors & get some fresh air every day!
- A chance to burn off some energy.
- A sense of resilience - commitment to a repeat activity -
- A commonality with other pupils - my child is proud that his school "does" the Daily Mile.

ANY NEGATIVES OR CONCERNS?

Only that the track gets muddy but I hear this will be fixed with the new-build.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- incorporates exercise
- fresh air
- motivation
- a short break from the classroom
- burns off some energy
- promotes good health both physically and mentally.

ANY NEGATIVES OR CONCERNS?

I have nothing negative to say about the daily mile, as I think it is a fantastic and very important part of my children's day. However I would like them to always wear their trainers whilst doing it.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

GETS THEM OUT IN FRESH AIR.
KEEPS THEM ACTIVE / EXERCISE
SOCIAL INTERACTIONS WITH OTHER
CHILDREN.

ENCOURAGES CHILDREN TO HAVE
A BETTER LIFESTYLE.

ALLOWS THE CHILDREN TO VIEW THEIR
SURROUNDINGS AND ACKNOWLEDGE THE
SEASONS.

ANY NEGATIVES OR CONCERNS?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- Helps maintain a healthy weight.
- Strengthen muscles
- Helps to build strong bones

Running is not only great for the soul but
good for a child's health.

ANY NEGATIVES OR CONCERNS?

None.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

He loves doing it. He always tells us how many laps he managed - brings in a wee bit of his competitive side that we don't see much of!

ANY NEGATIVES OR CONCERNS?

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THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

Molly enjoys getting out in the fresh air for 15/20 mins everyday.

Because it is such a quick turnaround it doesn't take much time away from learning and probably helps health and wellbeing, as well as concentration etc.

ANY NEGATIVES OR CONCERNS?

NONE.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- Guaranteed exercise within school day.
- Fresh Air
- Health + fitness benefits
- Build friendships
- Samuel is now not bothered about being outdoors in poor weather - we agree the kids should complete the daily mile in all weathers.

ANY NEGATIVES OR CONCERNS?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- Encouraging a general understanding of healthy lifestyle involving being active
- Social benefit - it's fun no matter the weather
- Equality - everyone participates
- Strong ethos for school life - this activity involves every child in every year
- Perseverance & Commitment - the value of it to achieve & sustain goals

ANY NEGATIVES OR CONCERNS?

Muddy shoes ---- but worth it!

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- sense of achievement when they complete laps & increase laps.
- feel part of the school community
- Good introduction to physical activity/exercise.

ANY NEGATIVES OR CONCERNS?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- Encourages our children to keep fit.
- Teachers use the Daily Mile to teach the value of being fit and having a healthy lifestyle.
- Our children enjoy running the mile and talk about it at home.
- Nursery use the Daily Mile to encourage counting (1 cube per lap).

ANY NEGATIVES OR CONCERNS?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- Great exercise.
- Fresh air, good health benefits.
- Encourages good walking/running habits.
- Routine - everyday.

ANY NEGATIVES OR CONCERNS?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- keeps my child active
- establishes a positive attitude to exercise
- reinforces our own lifestyle (active & being outdoors)
- fresh air & a break from being inside ~~means~~ on a daily basis
(we believe this enhances learning)
- opportunities to socialise & have fun outside with friends & teachers
- daily challenge/objective

ANY NEGATIVES OR CONCERNS?

My only concern is whether the daily mile will continue when the new school is being built. Otherwise no negatives or concerns. We believe the daily mile is an excellent initiative

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- Increased fitness
- Increased ability to concentrate in class having expended physical energy
- linked into wider events - eg Marathon & Common Wealth games.
- Encourages friendly competition

ANY NEGATIVES OR CONCERNS?

Occasionally see chatting & walking rather than running, would be good if children were encouraged to run on these occasions.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

From being unsure initially, he now insists on the Daily Mile everyday after Nursery. It has increased his aerobic fitness noticeably and also his co-ordination while running.

ANY NEGATIVES OR CONCERNS?

Falling over in the mud - though that's more a concern for us than for him!

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- Increase in stamina / Fitness.
- Increase in physical confidence
- It has developed my child's belief in her own abilities. We recently climbed Dumyat (local hill) - I have no doubt that she was more physically and mentally able to tackle that due to her 'Daily Mile Fitness'!

ANY NEGATIVES OR CONCERNS?

None! Please keep it going!

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

Ryan really loves the daily mile and looks forward to doing it. He is disappointed when it doesn't happen! 😊 He obviously feels happy when he gets to release some energy!

I like the fact that the school feels that exercise is important to them, and from a health point of view, I think that every child doing this has been given the opportunity to keep fit, even if they are only walking round it. Fresh air also clears the mind! 😊 I think it's brilliant.

ANY NEGATIVES OR CONCERNS?

No negatives - as long as he is warm and gets changed if he is wet. Everything seems fine anyway.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

ENCOURAGES REGULAR EXERCISE
KEEP ACTIVE AND TIME AWAY FROM DESK
FRESH AIR
TRANSLATES TO IMPROVED FOCUS ON SCHOOL WORK

ANY NEGATIVES OR CONCERNS?

• NONE

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- so fit he is hard to catch!
- Improved attitude to sport/physical exercise
Improved muscle tone
Does not seem to, "chubby out" then grow as
was his developmental pattern.
improved sleep (observed at nursery)
I would imagine improved concentration - A boy who
needs physical play to learn.
Setting own goals i.e. "Mummy tomorrow I will
do 2 more laps than today."
Healthy challenge with friends or competition

ANY NEGATIVES OR CONCERNS?

- No! only how much do they need to
warm up or cool down? They must need
stretch out? Is it different for children?
Only questions NOT negatives.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

Instills a habit of exercise.

Shows that activity is an essential part of life.

Helps change expectations of school.

ANY NEGATIVES OR CONCERNS?

NONE

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

Instills fitness in their minds as a natural thing to do.

Keeps them fit & healthy.

Takes them outside.

ANY NEGATIVES OR CONCERNS?

No

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- sleeps better
- more energy
- stronger bones & muscles
- healthy weight
- and he is very proud of how many laps he did!

ANY NEGATIVES OR CONCERNS?

sometimes when running he complained about a sore tummy but I'm guessing it's just a stitch.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- gets children out of sometimes stuffy classroom.
- helps burn off excess energy
- exercise during winter months when sometimes difficult after school due to weather.
- helps energise for class work.

ANY NEGATIVES OR CONCERNS?

No exercise can only benefit ~~the~~ children

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- PHYSICAL EXERCISE
- FRESH AIR
- BREAK FROM CLASS FOR IMPROVED CONCENTRATION
- SPARK INTEREST IN RUNNING /ATHLETICS

ANY NEGATIVES OR CONCERNS?

TRAINERS SHOULD BE WORN

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

It gives them freedom of movement.
Allows them to burn off some steam.
Keeps them fit & healthy.
Makes exercise a good habit.

ANY NEGATIVES OR CONCERNS?

None

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

Murray likes to go out and run.
He thinks it is great fun even when the weather is not too good.
I think it's good to help promote healthy exercise and gives the children a chance to burn off some chat and energy to allow them to concentrate in class.

ANY NEGATIVES OR CONCERNS?

Children can sometimes get a bit muddy in the poorer weather.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

improves gross motor skills
Helena enjoys it & is proud of herself when she accomplishes a full mile
promotes active living

ANY NEGATIVES OR CONCERNS?

None

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

I think the daily mile is a fantastic idea ~~idea~~ because the kids are getting out and getting some exercise every day also encourages kids to walk longer distances.

ANY NEGATIVES OR CONCERNS?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- daily fresh air, exercise
- building up fitness levels
- sees themselves as runners so will have confidence to access other running events; fun runs / park run / 5ks, 10ks etc with an 'I can because I already do' attitude.

ANY NEGATIVES OR CONCERNS?

Would like to see 'R' do the daily mile with more focused personal target eg to run more of it / all of it so that progression is clear to her and she experiences achieving personal goals.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- keeps my child fit
- oxygenates the brain, therefore helps her learning
- she enjoys it

ANY NEGATIVES OR CONCERNS?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

Encourages our children to keep fit.
Teachers use the Daily Mile to teach the value of being fit and having a healthy lifestyle.
Our children enjoy running the mile and talk about it at home.
Nursery use the Daily Mile to encourage counting (1 cube per lap).

ANY NEGATIVES OR CONCERNS?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

It teaches them the importance of daily exercise.

ANY NEGATIVES OR CONCERNS?

Only concern is that the Daily Mile will be lost with the planned re-build. That would be ~~a~~ tragic.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- Ensures children are taking part in physical activity. Many children in cars these days instead of walking so good they are exercising everyday at school. Too many children are clinically obese due to physical inactivity.
- Emphasises the importance of physical activity from a young age and encourages children to push themselves e.g. nursery children counting laps.

ANY NEGATIVES OR CONCERNS?

Only one issue, where the state of the playground covers children's shoes in mud. This will more than likely be addressed with the new school build and an astro turf could be used.

I do however think the daily mile is a great idea.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

It is a great habit to develop, to make exercise part of every day.

The daily mile has improved my son's fitness levels and interest in running.

I have asked my son for his views; and he is very positive about the daily mile. He also enjoyed the 'marathon' challenge last year, which added an extra sense of achievement.

ANY NEGATIVES OR CONCERNS?

None

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- Fresh air & physical activity
- Social interaction on the way round!
- Move energy & fit to learn.

ANY NEGATIVES OR CONCERNS?

No. I 100% support the daily mile.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- Social benefits - being active outside with other children
- Healthy - it keeps Isla active, this off 'screen'!
- She learns to dress right/warm & going out in all weather cond
- Personal - whenever I pick up Isla, when she has ~~just~~ run the Daily Mile, she is in brilliant spirits. She is notably in a better 'mood' than on days when she has not run the Daily Mile during nursery.

ANY NEGATIVES OR CONCERNS?

None whatsoever!

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

Penny seems to enjoy the fresh air every day since it is only 15/20 mins of the school day I think it is time well invested.

ANY NEGATIVES OR CONCERNS?

None.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- OLIVER REALLY ENJOYS HIS DAILY MILE.
EVERY SCHOOL DAY, HE STARTS BY CHECKING THE WEATHER + TRIES TO ASSESS IF HE WILL GET OUT TO RUN.
BRILLIANT WAY TO IMPROVE KIDS FITNESS

ANY NEGATIVES OR CONCERNS?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- Regular exercise - establishing the mindset that it is natural & healthy to exercise daily
- Help to "chunk" the day - and break up being inside learning - means can return and re-engage freshly - & hopefully with enthusiasm
- He loves it!

ANY NEGATIVES OR CONCERNS?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- A good source of exercise
 - gets blood pumping
 - great for brain activity

Enjoyable

Healthy competition between friends and siblings

ANY NEGATIVES OR CONCERNS?

Nothing negative

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- GOOD FOR CO-ORDINATION AND PHYSICAL DEVELOPMENT
- ENCOURAGES AN ACTIVE LIFESTYLE
- BUILDS CONFIDENCE
- GOOD TEAM ENCOURAGEMENT
- IMPROVES CONCENTRATION / FATIGUE FIGHTING

ANY NEGATIVES OR CONCERNS?

NONE! (NEED IT IN EVERY WORKPLACE 😊)
(WILL IT STILL BE THERE WHEN SCHOOL REBUILT?)

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

The daily mile is extremely beneficial to all children. It encourages children's knowledge + understanding of health + well-being. It ensures that exercise is part of daily life and raises children's awareness of the benefits of exercise. I feel this is essential learning which can be carried on later in life. It also ensures 'class time' is more productive, keeping children more engaged. Most importantly - it's FUN for children!

ANY NEGATIVES OR CONCERNS?

NONE.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- Regular ~~exercise~~ ^{exercise} outside in the fresh air.
- sense of achievement
- Regular talking point at home.

ANY NEGATIVES OR CONCERNS?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- daily exercise
- fresh air
- break from classroom - can help with concentration
- sociable and can be competitive
- children all working together to achieve a common goal.

ANY NEGATIVES OR CONCERNS?

If they are running would prefer they wore trainers rather than school shoes.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

It is good discipline, good exercise and makes the school stand out. For example, I spoke with the son of a friend who is now at Stirling High and who had been at Allan's Primary. He told me pupils from St Ninian's were fitter than those from other primary schools!

ANY NEGATIVES OR CONCERNS?

No.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

Regular exercise
Playing outside
Healthy attitude to exercise
I run and Penny talks to me about the daily mile when I come back
I think this is the best activity I have come across in a school

ANY NEGATIVES OR CONCERNS?

None.

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

Keeps in child's mind. walking/running is good
fun and ~~cont~~ my child wants to do it at
the weekends with the family.

ANY NEGATIVES OR CONCERNS?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- The Daily Mile has really been a great thing for Lexxi as she really enjoys it and likes to race me into nursery in the mornings
 - Lexxi sleeps a lot better at night as she is always very tired after nursery.
- The Daily Mile has really helped Lexxi's appetite as by the time lunch time comes she is very hungry due to all the exercise.

ANY NEGATIVES OR CONCERNS?

THE DAILY MILE HAS THE FOLLOWING BENEFITS FOR MY CHILD:

- Great idea all schools should adopt
- Thomas loves it.
- Daily exercise - run/walk and chats to his friends
- Increases fitness
- Brain break away from classroom - getting fresh air.

ANY NEGATIVES OR CONCERNS?

I hope the Daily Mile continues during and after the new build as I feel it is important to build on ^{any} the hard work already put in.