

Dear Teachers and Headteachers,

Thank you for your interest in The Daily Mile Abu Dhabi, in partnership with ADNOC and Abu Dhabi Sports Council, and supported by the Ministry of Education.

Our campaign has one aim - to improve the physical and mental health of children in Abu Dhabi by encouraging more schools to sign up for The Daily Mile.

The Daily Mile helps to make children fitter, healthier and happier and has a positive impact on their behaviour and concentration levels, which helps to improve academic performance.

It is a simple and effective way for every child, including children of determination, to be active every day. It's free to implement, takes just 15 minutes per day, and the children love it.

You will find resources available for download on our UAE website, including an introductory presentation, an A5 flyer, core principles and setting up guidance. Simply visit www.thedailymile.ae

Don't forget to post on Instagram, Facebook and Twitter using #DailyMileUAE

Add Your School to our Global Map

Please join over 10,000 schools worldwide which are already helping children to improve their health and wellbeing through The Daily Mile.

All you have to do is visit our 'School Signup' page on the website. Simply complete the form to get your school onto the global map!

If you have any questions, please Contact Us at contact@thedailymile.ae

Good luck and happy running!

Sincerely,

The Daily Mile UAE