

Abbeyhill Update

15TH OCTOBER 2021 // FRIDAY // ISSUE 1

OUR DAILY MILE STORY

3815 Miles & Counting.

PRIMARY 7

On the 13th of September 2021, Abbeyhill Primary School accepted the challenge of running, walking or rolling for 15 minutes every day, which is known as The Daily Mile.

Now 5 weeks later and as we approach the end of the first term, Primary 3 – 7 (with some help from Nursery, P1 and P2) have run an incredible 3815 miles which is the equivalent of running to Africa. Next term we hope to run back!

During this time, pupils have discussed and learned about the importance of an active lifestyle and how we can demonstrate our school values (Ready, Respectful and Responsible).

“Sometimes we have tasks to do while doing the Daily Mile to get a reward or just for fun, for example: help or encourage someone younger or older than you to run, the first 10 laps has to be running, and show our school values (Ready, Respectful & Responsible).” (Belle – P7)

“At the end of the week, on Friday, we bring a big, heavy, loud, speaker down to the playground and play loud music. We all get to skip, hop, jump or dance to the music. Sometimes on Fridays the nursery children, the P1s and 2 join us and we hold their hands and help them run.” (Alma – P7)



FACTS

The Benefits of the Daily Mile.

PRIMARY 7

The daily mile has been found to have many benefits for children and school staff. It has been found to:

- improve bones health and muscle strength in children.
- enhance fitness and improves heart health.
- reduce body fat and promotes healthy body composition.
- support self-esteem and happiness.
- help to reduce anxiety and increase confidence.
- improve focus and concentration and can help improve behaviour.
- improve memory function, maths, problem solving and performance.
- support improved academic attainment and cognitive performance.



Primary 7 asked some pupils about their thoughts on the daily mile:

“The Daily mile is where you run and help people to run”
(Zoya, Primary 3)

“The Daily mile is when you run and try and help people who are younger than you”
(Gregory, Primary 4)

“We do the daily mile to get exercise and keep us fit”
(Maria, Primary 6)

“I like the daily mile, it makes you faster”
(Abbas, Primary 5)

“I like the daily mile because it wakes me up. Sometimes I don't like it because I am tired, or I am in a bad mood.”
(Maria, Primary 6)



OUTDOOR LEARNING

New Hotel at Abbeyhill PS

MR WOODHOUSE

We have been busy in the playground again this term. The vegetables have been harvested from the raised planters with some classes making soup or using their produce for other interesting tasks.

The planters have now been cleared and new compost has arrived to help prepared for planting of some winter vegetables. With the welcome help of the Parent Council we have also added a new hotel to the outdoor classroom.

It is a bug hotel, but it is starting to look good. Pupils that were identified as trying particularly hard during the Daily Mile were asked to help at some soil to the top of the hotel. We plan to grow plants on the to help attract residents.

Pupils have also taken advantage of the Parent Council funded waterproof trouser and welly boots in trips to Holyrood park.

If you are able to help us develop the outdoor classroom or have items that you are willing to donate (anything from winter jackets to outdoor plants) please get in contact with the Parent Council or the school office.

