



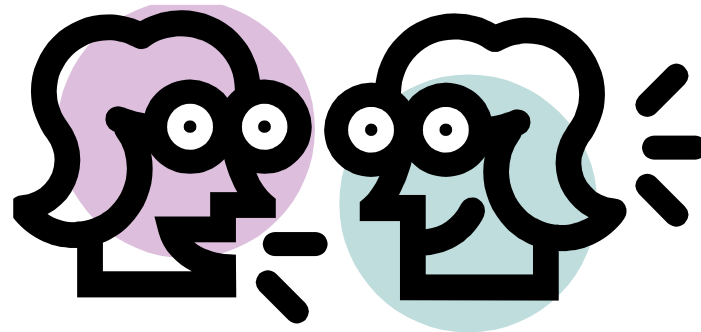
# The Daily A Mile Initiative: A New Approach to Child Fitness

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August 17, 2017

# Introduction

- Name
- Area(s) of Interest
- Why do you think child health and wellness is important in the early child care center setting?



# DC Child Care Centers Promoting Lifelong Activity in Youth (P.L.A.Y) Program

The P.L.A.Y. Program aims to build and/or enhance early child care centers' foundation of practices that promote and facilitate the attainment of movement skills, fitness and physical activities among preschoolers aged 2-5 years old in the District of Columbia.



# Health and Physical Education Partnerships and Collaborations Working Group: Early Childhood/Child Care Cluster

The Early Childhood/Child Care Working Group was established in 2016 under OSSE's Coordinated Health Education Team and includes partners from ECEs and health educators that advise OSSE on health and wellness best practices for ECEs.



# Health and Wellness Liaison Program

Established in 2016 in response to the expressed need for on-site support by schools and (ECEs) centers in health education, physical education/activity, school health services, and nutrition educational services. Thirteen Liaisons were selected last year to provide on-site support to schools and early care and education (ECEs) facilities based on health and wellness needs



# What is the Daily A Mile Initiative?

It is housed under the OSSE's DC Child Care Centers Promoting Lifelong Activity in Youth (P.L.A.Y.) Program in collaboration with its Health and Wellness Liaison Program and Health and Physical Education Partnerships and Collaborations Working Group: Early Childhood/Child Care Cluster



# What is the Daily A Mile Initiative?

- It is an evidence-based initiative that originated in Europe by the Daily Mile Foundation designed help keep children fit for life.
- The aim of the Daily A Mile is simple – we want to get children fit by running (or walking moderately) for 15 minutes a day
- It occurs September to October of the year, but may be extended throughout the year
- It improves physical, social, emotional and mental health and wellbeing
- The Daily A Mile is appropriate exercise for children aged 3 and upwards
- It's not a race or a competition – this is not cross-country or sport
- Through the initiative, children will also be encouraged to increase water intake and explore gardening activities

# WSCC Model

How does the initiative align with the Whole School, Whole Community, Whole Child (WSCC) model and other school health initiatives?





# The 10 Core Principles of the Daily A Mile

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- 15-minute turnaround from desk to desk
- 100% participation including children with special educational needs
- Children run in their school clothes
- It's not competitive, it's social and it's fun
- It happens outside in almost all weathers
- Children can run, jog or walk
- It should be kept simple and uncomplicated
- Mark out a track or path – 5–10 laps works well
- Risk assess your path/track – involve the children for 'active learning'
- There's no need to warm up, no set-up, and no tidy-up – straight outside and off they go!



# Benefits of the Initiative

- Raises attainment
- Improves focus & concentration
- Improves behavior in class
- Improves personal self-efficacy
- Is 100% inclusive (every child succeeds)
- Is simple & **free**
- Helps maintain healthy weight
- Supports healthy bone & muscle development
- Improves children's resilience and cardio-metabolic health

# Benefits of the Initiative (Con'td)

- Helps to reduce anxiety and stress
- Helps to build relationships
- Building self-esteem and confidence for children that can enhance other aspects of their life
- Increases the health and wellbeing of staff and administration who participate with children
- Improved concentration in the classroom by allowing breaks from lessons that leave children (and teachers) more focused and ready to learn

# Daily Mile in Action



# Additional Recommended Activities

- Establishing a Class Garden
- Incorporating Stretch & Water Breaks



# Establishing a Class Garden

Kids who learn to love gardening at an early age grow into adults with a passion for plants and respect for the environment.

- Gardens can be as small as a container garden in a window or as large as a school habitat.

Gardens allow children:

- To be active and engaged in learning
- To build on prior learning and experiences with their environment
- To develop a relationship with nature
- To explore at their own pace
- To take turns in sharing responsibilities (e.g. watering the class plant(s), monitoring the plants(), etc.)

# Incorporating Stretch & Water Breaks

- By implementing water consumption during restroom/class breaks, educators have the ability to help children reach their daily water consumption goal.
- Teachers can also incorporate stretching into these breaks. These stretch breaks can take the form of yoga movements, movement games, or meditation.
- Teachers must exercise caution to avoid overhydrating students.



# Water Intake Recommendations

According to the Institute of Medicine's *Dietary Reference Intakes for Electrolytes and Water*, the Adequate Intake (AI) for total water for healthy children by age group is below:

- Children under six months of age should not drink plain water,
- Older infants (6 months up to 1 year of age) can consume sips or occasional small quantities of water, but educators must exercise caution. Children of this age get the majority of their fluids through breastmilk/formula as well as from foods.
- Students aged 1-3 years get their water intake through beverages, including water, as well as through foods. The average beverage intake need of students of this age is approximately 4 cups/day (including drinking water)

# Is it Safe for My Children?

- The Daily A Mile only requires an open space (that isn't muddy) and adult supervision
- Children with certain medical conditions may need more or less water. ECE educators must consult with the family and/or medical provider of any child with a medical condition to determine the child's safe level of water intake

# Recommendations

ECE facilities are strongly encouraged to track the progress in the classroom. This can be modeled through:

- Sneaker Cutouts (template to be provided)
  - Teachers can award students with cutouts that can be decorated and displayed throughout the classroom.
- Videos/Photos
  - Teachers are encouraged to document and take pictures of their students engaging in these daily activities.
- Newsletters
  - Teachers are encouraged to include photos and classroom arts and crafts into their organization's newsletter. This way parents are informed and given the opportunity to engage with their children.

# Incentives

ECE sites who participate and complete the initiative will be highlighted in the Healthy Schools and Wellness Program Newsletter and MAY receive FREE portal equipment (limited availability - first come, first serve bases).



# Qualifications

In order to qualify, ECE sites must do the following:

- Complete least **two** out of the three suggested activities listed above during September – October of the year (activities may be extended throughout the year outside duration of initiative.
- Submit photos of activities, **AND** provide a brief description of accomplished activities (3-5 sentences) to [OSSE.hydt@dc.gov](mailto:OSSE.hydt@dc.gov) with the subject title “PLAY Program Daily A Mile Initiative” by **Nov. 6, 2017**
- Complete evaluation form of the initiative. Link to the evaluation form will be sent at the end of the October.



Brain Break Time!

Questions?

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