



3rd September 2020

Dear Parent / Carer

Structure of the School Day

The structure of the school day at William Torbitt will be changing to enable children across all year groups to participate in the 'Daily Mile'. As a school, we strongly believe that the child's wellbeing and mental health is the most important factor especially in the current situation.

Every child in school will go outside onto the school field each day to run, jog or walk for 15 minutes in the fresh air. Children will take part in the 'Daily Mile' in their school uniform.

It is not competitive and most children average a mile, with some doing more and some doing less. It is not PE, sport or cross-country but a physical activity which is aimed at improving the children's physical, social, emotional and mental health and wellbeing. It can help children to focus and concentrate in the classroom and raise their attainment.

The 'Daily Mile' has since been adopted by well over 1000 schools in the UK – proving to be very popular with children, parents and teachers - and is attracting strong interest overseas. The activity itself makes children fitter, healthier and happier, and has a positive impact on their behaviour and concentration levels. It is simple and effective, enabling every child, including those with special needs, to be active every day.

Staff will also be completing the 'Daily Mile' alongside the children. Due to ensuring that time is not taken from the curriculum, children will now have 45mins for lunchtime. KS1 will have an extra break time for ten minutes in the afternoon.

We have included the timetable that your child will be following. Please be mindful that the lessons and timetable are subject to change due to the current circumstances.

Yours sincerely

Paven Kettory
Acting Headteacher



KS1	Lower KS2	Changed Upper KS2
8:50- 10:00 Soft Start (10 mins)	8:50 - 9:00 Soft Start (10 mins)	8:50 - 9:00 – Soft Start (10 mins)
9:00 – 9:50 Lesson 1 (50 mins)	9:00 - 10:00 Lesson 1 (60 mins)	9:00 - 10:00 – Lesson 1 (60 mins)
9:50 – 10:15 Phonics (25 mins)	10:05 - 10:25 Assembly (20 mins)	10-11am Lesson 2 (60mins)
10:15 – 10:30 Break Time (15 mins)	10:25 - 10:40 Daily Mile (15 mins)	11-11.15 Break (15 mins)
10:30 – 11:30 Lesson 2 (60 mins)	10:40 - 10:55 Break Time (15 mins)	11.15-11.35am Assembly (20 mins)
11:30 – 11:50 Guided Reading (20 mins)	11:00 - 12:00 Lesson 2 (60 mins)	11:40 - 12:40 Lesson 3 (60 mins)
11:50 – 12:00 Maths Meet (10 mins)	12:00 - 12:20 Guided Reading (20 mins)	12:45 - 13:30 Lunch (45 mins)
12:00 – 12:45 Lunch (45 mins)	12:20 - 13:05 Lunch (45 mins)	13:30 – 14:15 Lesson 4 (45 mins)
12:45 – 13:30 Lesson 3 (45 mins)	13:05 - 14:00 Lesson 3 (55 mins)	14:15 - 14:35 Guided Reading(20 mins)
		14:35-14:45 Maths Meet (10mins)
13:30 – 14:15 Lesson 4 (45 mins)	14:00 – 14:55 Lesson 4 (55 mins)	14:45 - 15:00 Daily Mile (15 mins)
14:15 – 14:25 Break (10 mins)	14:55 – 15:05 Maths Meet (10 mins)	15:00 - 15:20 Class Read (15 mins)
14:25 – 14:40 Daily Mile (15 mins)	15:05 – 15:20 Class Read (15mins)	
14:40 – 15:00 Assembly (20 mins)		
15:00 – 15:20 Class Read (15 mins)		

