

St Michael's 'Walk-a-Mile'

With our focus on 'healthy bodies, healthy minds', we give our children an opportunity to 'walk-a-mile' at least once a week. This way the children participate in physical activity in a fun, social setting, whilst enjoying fresh air and the greenery of the beautiful Mayow Park.

Research suggests that childhood exercise has a protective effect on health in later years... as well as improving brain power. There is also evidence that nature makes us healthier and happier people. With our 'walk-a-mile', we are combining the health aspect of walking with well-being aspect of experiencing the joys of nature.



A screenshot of a mobile app interface for creating a walking route. The interface includes a search bar with the text 'se26 4HH', a search icon, and a 'Help' button. Below the search bar, it displays 'Distance: 1.0006 miles [switch to km]' and 'Calories burned: 0 [enter weight]'. There are two buttons: 'CREATING ROUTE...' and 'UNDO LAST POINT'. The 'Draw route: automatically (for runners)' option is selected. There are input fields for 'Name your route' and 'Description'. Below these are icons for 'Elevation', 'Retrace to start', 'Mile markers', 'Clear all', 'Print map', and 'Download'. A large blue button at the bottom says 'SAVE ROUTE'. On the right side, a map shows a blue route starting from a red pin labeled '1 End' and looping around a green area labeled 'MAYOW ROAD'. Other roads shown include Dacres Road, DE FRENE ROAD, ADAMSRILL ROAD, HOPSTHORPE RD., KINGSTHORPE RD., QUEENSWOOD ROAD, HIGHCLERE ST., LARKBERE ROAD, and CHAMPION RD. The location is identified as 'Lower Sydenham'.