



# the **MORNING MILE**<sup>®</sup>



Run, walk or jog one mile before school.

Only a change of footwear required.

Meet from 8.15am onwards at the PE block on  
your allocated day.

## Timetable

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Year 7	Year 8	Year 9	Year 10	Year 11