

# High Five Friday

## Take Notice Activity

### The Daily Mile

The staff of Tamnamore EOTAS like to stay fit and healthy by joining in with their pupils for 'The Daily Mile'.

[Click here](#) to watch a video of St. Patrick's Primary School, Aghagallon and the huge impact the Daily Mile has had on their pupils!

The Daily Mile helps to improve the health & wellbeing of children and young people across Northern Ireland. Now is the perfect time to introduce The Daily Mile into both the school & nursery day.

The Daily Mile is:

- 15 minutes a day, no equipment needed
- Walk, run or jog at your own pace
- Inclusive
- It's free!

[Click here](#) to find out more about the Daily Mile.