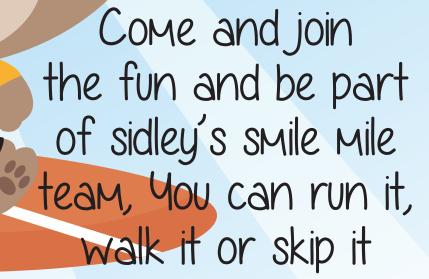


Vinner

The Smile Mile May Challenge



sidleu



Take part, have fun and raise lots of money.

For more information or to take part email - angela@onceuponasmile.org.uk or call 0161 711 0339



for the Smile Mile May Challenge

The Dnce upon a Smile mile challenge

It is as easy as 1, 2, 3!

Quick step guide, choose.

- 1 Smile Mile
- 2 Smile Miles
- 3 Smile Miles

Why not do a mile a day in May?

- 1 Get fit
- 2 Have fun
- 3 Raise money for Once Upon a Smile
- 4 Promotes a healthy lifestyle

How can we do our smile mile challenge?

- 1 Run it
- 2 Walk it
- 3 Skip it

If you need help working out your smile mile track don't worry it takes the average child 30 minutes to walk a mile (that's 2250 steps), so 3 miles will take an hour and half.

As well as pupils raising money to support Once Upon a Smile children bereavement charity it is also helping them to get fit.

Did you know that walking a mile a day can help with:

- 1. Feel calmer and happier
- 2. Improves concentration
- 3. Promotes a healthy lifestyle
- 4. Helps boost your mood and self-esteem
 - 5. Improves Sleep

For all school/clubs who take part you will get a smile sticker for every child.



Smile Mile Form

School Name	
Teacher Name	
School Address	
Contact Number	
Number of pupils	taking part
When are you doi	ing your smile mile?
What time are you	u doing your smile mile?
And join you on the (Please be aware we come will try our best to go	Alley our mascot to come he day? The day is a second will be available but get him there)
How much are you	u aiming to raise on the day?