



SMILE FOR A MILE

Creating active schools

and children

in Cheshire West

and Chester

Our school wants to help every child improve their physical, social and mental health and wellbeing through being active every day!

We are using '**Smile for a Mile**' to help our children have healthy bodies and be stronger students.

The 'Smile for a Mile' programme from Cheshire West and Chester Council, along with our School Sport Partnership, helps our children to:

- Increase their confidence & self-esteem
- Reduce anxiety
- Enhance mood
- Reduce isolation and improve social skills
- Help self-regulate emotions
- Engage better in lessons
- Develop stronger and more varied friendships



Cheshire West
and Chester



To find out more speak to your teacher or your local School Sport Partnership:

Chester School Sport Partnership
www.chesterssp.co.uk

Ellesmere Port School Sport Partnership
www.eportssp.co.uk

Vale Royal School Sport Partnership
www.valeroyalschoolsport.org



Ellesmere Port School Sport Partnership



Vale Royal School Sport Partnership