



King's Group

Press Release

23rd of September 2019

Students from King's College Madrid inaugurate the Daily Mile in Spain

Students from King's College, The British School of Madrid, ran the inaugural mile of this initiative, which aims to improve children's health and wellbeing.



Last week, almost 30 Year 6 students from King's College, The British School of Madrid lead the official launch of The Daily Mile in Spain with a 15 minute run around the school. The event was attended by the sports journalist and Ambassador of The Daily Mile in Spain, Lourdes García Campos, as well as other representatives of the initiative.

“Being invited to take part in the official launch of The Daily Mile Spain is a real honour for King's Group, and for King's College in particular. Doing daily exercise such as running before the academic school day begins, is just one of the many initiatives we are focusing on in our emphasise on improving the wellbeing and mental health of our pupils and the school community in general.”, said Alexandra Edwards, Wellbeing Leader and Mental Health Coach for King's College schools.

The Daily Mile is an initiative, originally founded in the UK, that encourages children to take a fifteen minute run or jog every day, at their own pace, with their classmates. The aim is to improve the physical, social, emotional and mental health and wellbeing of our children – regardless of age, ability or personal circumstances. Students from King’s College Madrid have been following this programme since last year.

“When we started doing The Daily Mile, teachers noticed improved concentration in the pupils on the days they ran”, said Sally-Anne Banks Deputy Head of Primary at King’s College Madrid.

“I’m certain that the example set by the King’s College pupils who ran the inaugural mile (with great style!), will motivate many other schools throughout Spain and abroad in joining this simple yet effective programme. Keep on running, King’s!”, added Daniel Mostaza, Community Manager for The Daily Mile Spain.

About King’s College schools

Sir Roger Fry, knighted in 2012 by Queen Elizabeth II for promoting British education internationally, founded the first King’s College school in Madrid in 1969 and ever since **the prestigious educational institution has grown to a total of 10 schools in the UK, Spain (Madrid, Alicante, Murcia and Elche), Germany, Latvia and Panama.**

All of the schools offer pupils a quality British education based on the **National Curriculum of England and Wales**, which emphasises strong academic values through hands-on learning. Pupils from the age of 18 months to 18 years old are taught by native and British trained teachers. The educational model of the schools is characterised by its rigorous and broad curriculum, its interdisciplinary approach and its emphasis on practical learning, exploration and the active participation of students.

Testament to the exceptional academic and pastoral standards that the schools embed is **the Independent School Inspectorate (ISI) recognition of “Excellence” in every category in their latest reports.**

For more information, go to www.kingsgroup.org or please contact:

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