

THE DAILY MILE - STRAWBERRY HILL NATIONAL SCHOOL

OUR JOURNEY SO FAR

I-PARC

I-PARC (Irish Physical Activity Research Collaboration) is a research programme focused on helping people in Ireland be more active, more often. In partnership with Strawberry Hill NS and Active Cities Cork, I-PARC has been working to support children's physical activity by engaging with teachers, staff, and pupils to understand what works, identify challenges, and ensure the programme is practical and sustainable to deliver.



STAGE 1

Programme selection

Twenty-one evidence-based physical activity programmes were reviewed by I-PARC and narrowed down to five suitable options.

- Through workshops with school staff and local stakeholders, these were further refined to two programmes.
- Focus groups with pupils then informed the final decision, with The Daily Mile selected as the best fit for Strawberry Hill National School.

STAGE 2

Tailoring the programme:

I-PARC worked with Strawberry Hill NS to adapt the Daily Mile to fit the school context.

Feedback from teachers and pupils helped

- Identify key challenges (e.g. wet weather),
- Identify core components (e.g. 15 minutes of walking, jogging, or running), and
- Align delivery with the school timetable.

By the end of stage two, a fully tailored Daily Mile programme was developed.



STAGE 3

Implementing the programme:

The Daily Mile has now been implemented in Strawberry Hill NS, with I-PARC supporting delivery as it becomes embedded in the school day. This includes:

- Supporting teachers in delivery
- Establishing simple tracking measures (e.g. attendance logbooks)
- Ensuring feasibility and sustainability
- Integrating the programme into the daily school schedule

PROGRAMME SPOTLIGHT:

The Daily Mile:

A simple, school-based initiative where children spend 15 minutes each day walking, jogging, or running outdoors during the school day.

It helps children build healthy habits in a fun, inclusive, and pressure-free way.



WHAT'S NEXT?

The Daily Mile is now underway in Strawberry Hill National School. I-PARC will continue to monitor delivery, gather feedback from teachers and pupils, and make further adaptations to ensure the programme remains feasible and sustainable.

THANK YOU

Thank you to the staff and students of Strawberry Hill NS for their enthusiasm and support. I-PARC would also like to thank Cork Sports Partnership and Active Cities Cork for their continued support and collaboration.

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The Daily Mile Launch 19.03.2026