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2nd May 2023

Walk to School Week - 15th May to 19th May

Dear Parent/Carer,

As a school, we are continually looking at ways in which we can support the health and wellbeing of both our pupils and community. This month is National Walking Month and we would like as many families from our school to be involved in a 'Walk to School Week' challenge.

How does 'Walk to School Week' work?

Children need to make as many active journeys to school as possible across the week. The number of active journeys made will be recorded on a classroom wall chart each day and the class will learn about different migrating animals as they walk their way to success. Those that participate will receive daily stickers and classes will receive rewards depending on their achievements. If your child cycles or scoots to school, this will count towards earning a sticker.

Why walk to school?

Our school is taking part because of the many benefits we believe it will bring to our children and the community. Walking to school helps children:

- Feel happier and healthier because they arrive to school refreshed, fit and ready to learn
- To feel safer around the school site as there are less cars parked outside
- Develop their road sense and greater independence
- To think about ways to deal with difficulties and how to stay safe

And ... more families walking means less cars on the road during the school run, helping to reduce congestion and pollution at the school gates.

What if we can't walk to school?

If you live too far away or don't have time to walk the whole way to school, you can 'Park and Stride' so your child can earn their sticker. Park or hop off public transport at least ten minutes away from the school and walk the rest of the way.

Thank you for your continued support.

Yours sincerely,

Mr Tyler (PE Lead) and Miss K Underdown (Assistant Headteacher)