

13th May 2022

Dear Parent/ Carer,

Next week, we will be taking part in Walk to School Week (May 16th 2022 to 20th May 2022). The nationwide event is organised by walking charity, Living Streets, and is designed to help pupils experience first-hand the importance of walking to school. Children will be well on their way to reaching their recommended 60 minutes minimum of physical activity per day before even reaching the school gates!

This year's theme, '**PowerUp**', will engage pupils through video game-inspired design, encouraging them to travel sustainably to school every day of the week. Each day will see a level unlocked and a new mission to complete, through which pupils will discover the incredible benefits of walking for individuals, communities and the planet. Each class will work collectively to make as many active journeys to school as possible across the week.

Walking to school offers many different health benefits:

- Children that walk to school arrive more alert and ready to start the day. Walking and other exercise can have a positive effect on your mood.
- Daily exercise keeps us fit and healthy. Walking is good for our hearts, lungs, muscles and bones.
- Gas from cars pollutes the air. If more people walked, there would be fewer people in their cars and less pollution would be pumped into the air.
- It is also a great way to spend quality time together with family and friends and chat about your day!
- Walking to school will also help to make our school area safer for all of us.

In our weekly assembly, we will also be talking to pupils about the importance of road safety, to remind them to keep safe when walking to school.

What do I need to do as a parent or carer?

We would ask, if possible, to make arrangements so that your child/children can travel actively to school on w/c 16 May 2022, helping our school reduce congestion and pollution around the school gates. If you live far away from school and need to drive or take public transport, try parking the car or hopping off the bus/train ten minutes away and walking the rest of the journey.

Thank you in advance for your co-operation and on-going support.

Yours sincerely,

Mrs H K Turna
PSHE Lead



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