

Hand in hand together we will become resilient, respectful and responsible citizens of our community and the wider world



Whittingham
C of E PRIMARY SCHOOL

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Monday 14th May 2018

Dear Parents/Legal Guardians,

Walk to School Week is next week: **Monday 21st – Friday 25th May**. This is a five-day walking challenge that gets pupils enjoying the benefits of regular walking. The overall aim is that the children walk to school for the week.

I was really impressed with the effort and enthusiasm of all the children last year – some walked around their gardens before leaving home whilst others parked on the edge of the village and walked the remaining distance to school (park and stride). The children were really determined to walk each day.

This year's challenge – 'Walking Roots' is all about nature and especially discovering the ecology of trees with pupils being encouraged to walk, cycle or scoot to school each day to bring their classroom tree to life!

The children will add a sticker to the classroom activity-tree for their efforts to walk each day. Every child will get to place a sticker on the tree regardless of whether they walked to school each day (we know this is not practical for most) as they will all walk around the school field. Each sticker brings the tree to life across the week, from the roots and the trunk, to the colourful leaves and blossoming flowers.

The children will be given activity diaries which will focus on the importance of nature, and the benefits of walking, as they make their way to and from school for the week. They will take these diaries home at the end of Walk to School Week.

Why should we join in?

A generation ago 70% of us walked to school, now that figure is less than half. Two great reasons to walk to school: walking just 20 minutes in the morning is proven to make children healthier and happier as well as refreshed and ready to learn and walking dramatically reduces congestion at the school gates.

We understand that walking to school is not possible for most of our children as they live too far away. However, there are other ways the children can become involved. Please find below a list of ideas (some of which have been suggested by the children and parents):

Website: www.whittinghamprimaryschool.co.uk

Children who travel by bus could:

- walk to the bottom of their lane as opposed to the bus collecting them at the door.
- come to school by car but find somewhere suitable to park (village) at least a ten-minute walk from school and complete your journey on foot (park and stride). This might work well for those parents who bring younger siblings (Nursery) into school.

Children who travel by car could:

- park in the village and walk along the path, over the bridge and up to school (park and stride).

***Please do not worry if these suggestions are not practical for you as a family as we will be asking the children to walk around the school field each day so each child will have the opportunity to earn their sticker each day.**



As part of Walk to School Week we are also taking part in **Happy Shoesday!**

This will be on **Tuesday 22nd May** and is a fun day when the children are given the opportunity to wear the shoes that make them happiest. This may be a pair of special shiny or sparkly shoes, a pair of trainers or wellies. We had a wonderful shoe parade last year from horse riding boots, to flipflops to slippers! Or you may even want to get creative with your shoes and change the laces, add beads, wings or stickers!

I look forward to seeing the children's shoe parade on **Tuesday 22nd May!**

Walk to School Week - Walking makes our children healthier and happier!

Kind regards,

Mrs Maule