



Wednesday 10th May 2017

Dear Parents/Legal Guardians,

Next week is **Walk to School Week** and the children are all very keen to get walking. 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. The children were really determined to walk each day.

This year's challenge - 'City to Seaside', will take pupils on an imaginary journey from the dramatic skylines of the city, via rolling countryside, to charming coastal areas. The children will be given activity diaries which include a series of activities and games which will enable them to explore key features of each environment, whilst also enjoying the many benefits of a daily walk to school. They will take these diaries home at the end of next week.

The children will get a sticker on the class chart for each day that they walk to school and then be rewarded with a 'City to Seaside' magnet at the end of the 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):

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 16th May** and is a fun day when the children are given the opportunity to wear the shoes that make them happiest and **donate £1** to Living Streets. 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!

Living Streets

Your donations will help Living Streets run Walk to School campaigns in schools across the UK, getting more children and families happier and healthier through the benefits of walking to school and improving street safety, traffic congestion and air pollution for everyone.

Did you know?

Living Streets was responsible for introducing the zebra crossing across the UK. Our national campaigns these days are addressing growing congestion, safety and health issues and working towards a better future for us all.

I will look forward to seeing the children's shoe parade on **Tuesday!**

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

Kind regards,

Mrs Maule