



14th March 2023

Dear Parents/Carers

Get set... we're taking part in Sustrans Big Walk and Wheel 2023 the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 20th to 31st March. It's free and we would love everyone to be involved.

What do you need to do?

Encourage your child(ren) to walk, scoot or cycle to school on as many days as possible during the event.

If you really must drive, please allow time to park safely and considerately, and do not block entrances, driveways, or junctions. Perhaps park and stride by parking some distance away from the school and walking the rest.

Why we are taking part

Sustrans Big Walk and Wheel is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate. A 2021 YouGov study showed nearly half of UK children worry about air pollution near their school and the Eco Committee thought active travel was the best way to bring down these pollution levels.

Plus there are some great prizes to be won every day if we get enough children taking part!

Useful resources

To help you prepare, Sustrans has developed a handy free guide to walking, cycling or scooting to school. It is packed with advice to help you have hassle-free journey to school.

Download your free family guide using this link:

<https://www.sustrans.org.uk/sign-up-to-receive-your-free-school-run-guide/>

For more information about the event go to www.bigwalkandwheel.org.uk . Enjoy the challenge!

Kind Regards

Katie Bell

