

Dear Parent/Carer,

We are delighted to have our *Sustrans Active School Travel Programme* up and running again. Our first task is the **travel challenge** - get moving with bike/walk/scoot/park and stride to school.

As a school we're aiming to encourage pupils to be active on the 'school run' by walking/scooting/cycling or even taking 'park & stride' journeys where possible; as active travel has many benefits for the school community - **great exercise, good for the environment, reduced traffic congestion & brilliant fun!**

\* The challenge begins on **28<sup>th</sup> September 2020** and finishes on **2<sup>nd</sup> October 2020**.

\* Each time the children walk, scoot, cycle or take a 'park & stride' journey they can colour/tick a box in the 'Back To School Adventures' sheet. Children with a completed sheet can upload a picture to Seesaw and will receive a certificate from Mrs McNamee.

We do understand that for some pupils it might be difficult to travel to school actively so we'll also encourage you to participate by being active as a family - E.g. go for a walk/ bike ride together or replace a car journey with an active one. Why not walk or cycle with your child to help their efforts!

We really appreciate your support and highly recommend the use of bike helmets & lights and making use of hi-visibility vests.

I look forward to seeing you all - get active!

Mrs C McNamee (Active Travel Champion)

# Back To School ADVENTURES

## Back To School Adventures Information

- \* Each day you cycle, scoot or walk to or from school gets you one stamp further along your adventure!
- \* The challenge runs from 28<sup>th</sup> September 2020 to 2<sup>nd</sup> October 2020.
- \* Keep your 'Back To School Adventures' stamp sheet at home and when it is completed upload a picture to Seesaw.
- \* You could even try a Park N Stride. Drive part of the way to school, park somewhere safe and walk the last 7-10 minutes.
- \* **10 active journeys** to or from school will get you a certificate from Mrs McNamee.

Good Luck!

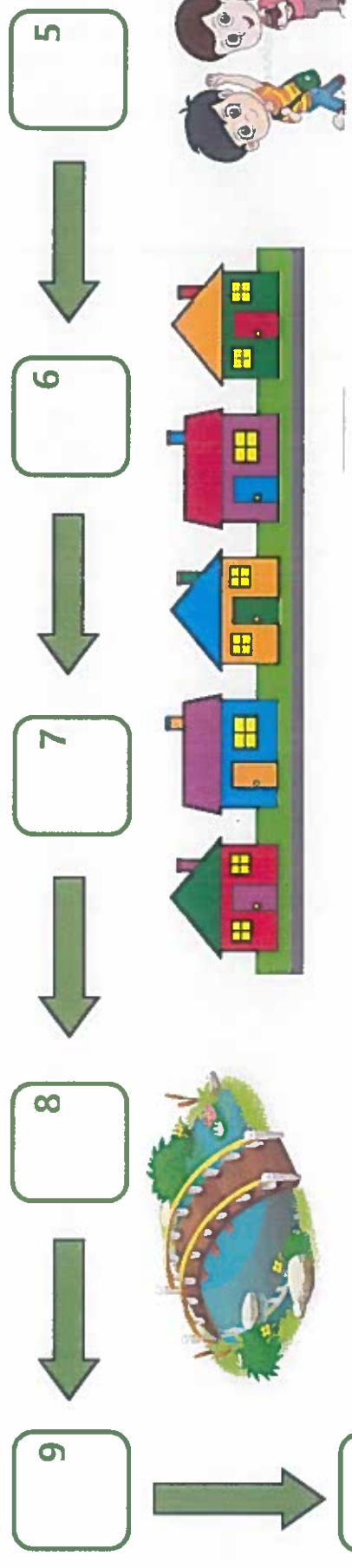
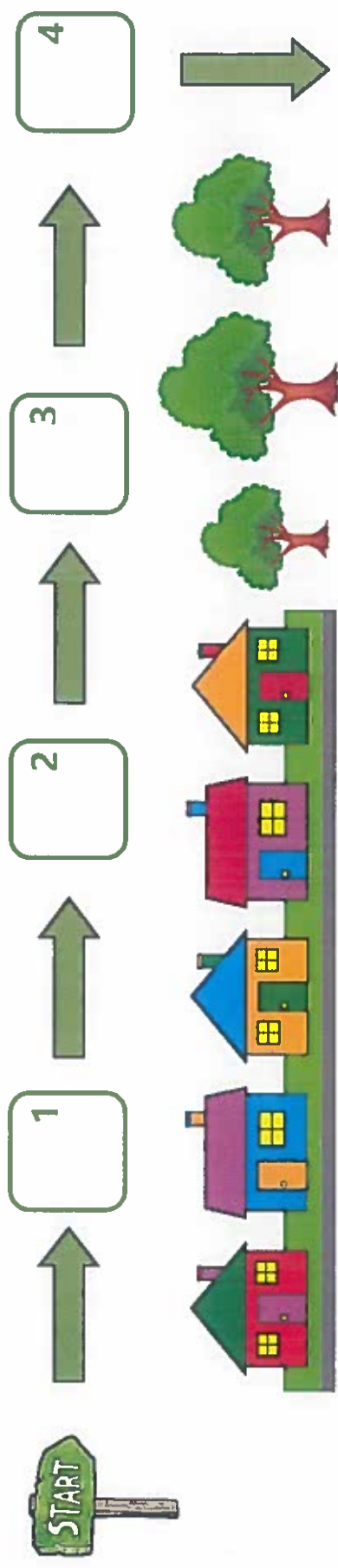


Name: \_\_\_\_\_

Class: \_\_\_\_\_

  
**sustrans**

JOIN THE MOVEMENT



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