

Dear Parents

We have some exciting news for you! We are taking part in the 15th year celebration of Sustrans Big Walk and Wheel, the UK’s largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 11-22 March 2024. It’s free to take part 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.

**Including everyone**

We want to make sure that everyone can get involved in Sustrans Big Walk and Wheel. Those children who have to come by car can park away from school and park and stride. Children who come by school transport, can walk to the bus, do scooting and / or cycling at school.

**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](https://www.sustrans.org.uk/our-blog/news/2021/april/increase-in-children-s-concerns-over-air-pollution/) showed nearly half of UK children worry about air pollution near their school. And that children thought active travel was the best away 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/>  The guides are also attached to this email, as well as a 5 minute walking bubble map.

For more information about the event go to [www.bigwalkandwheel.org.uk](http://www.bigwalkandwheel.org.uk/) . Enjoy the challenge!

Best wishes

Mrs Alison Hawkins

Headteacher