

Dear Parent,

Walk to School Week 2020

Next week (5th to 9th October) is Walk to School Week.

Organised by the charity Living Streets, Walk to School Week is the greatest national Walk to School celebration, where pupils and grown-ups around the UK unite for one week of walking to school.

The five-day walking challenge is a fun and engaging week-long activity, raising awareness and celebrating walking for all. Pupils will be well on their way to reaching their recommended 60 minutes minimum of physical activity per day before even reaching the school gates! Not only will it set them up for a positive day in the classroom, it will also help create healthy habits for life.

The Family Walk to School Kit, produced by Living Streets, which contains advice for parents on how to overcome common barriers to walking to school can be downloaded here <https://www.livingstreets.org.uk/media/3561/family-walk-to-school-kit.pdf>

Sustrans is working with Central Bedfordshire Council to encourage walking, cycling and scooting to school, aiming to promote healthy journeys and reduce congestion at the school gate. If you would like to get in touch, contact alister.barclay@sustrans.org.uk

