



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 Monday 20-31 March 2023. It's free and we would love everyone to be involved.

**What do you need to do?**

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

**Why we are taking part?**

Sustrans Big Walk and Wheel is a great way to **build physical activity** into a child'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 that children thought active travel was the best away to bring down these pollution levels.

**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](http://www.bigwalkandwheel.org.uk) .

Yours sincerely,

Mrs Tait

Year 3 teacher

The Big Walk and Wheel is a Sustrans project. Sustrans is the charity making it easier for people to walk and cycle. Join us on our journey. [www.sustrans.org.uk](http://www.sustrans.org.uk)

Headline sponsor

