



Tuesday 11<sup>th</sup> May 2021

National Walk to School Week – Monday 17<sup>th</sup> to Friday 21<sup>st</sup> May

Dear parent/carer,

The month of May is National Walking Month and next week, **Monday 17<sup>th</sup> to Friday 21<sup>st</sup> May**, Perry Hall Primary School will be joining in with Walk to School Week. The purpose of the week is to highlight the importance of having an active and healthy lifestyle for physical and mental wellbeing. By walking to school, children will be well on their way to reaching their recommended 60 minutes minimum of physical activity per day before even arriving at school and this will set them up for a positive day in the classroom as well as help create healthy habits for life.

### **Are you up for the challenge?**

Each pupil will be challenged to travel sustainably (walk, scooter, cycle or park and stride) to school each day for one week and will be given a reward chart to track their progress and a certificate of achievement for each walk completed. *If your child chooses to travel to school by scooter or bike, this will need to be taken back home by the parent/carer as there are no means of storing these on school site.*

Throughout the week, the children will be taking part in activities linked to walking, and its benefits, and also a lesson about Road Safety and the importance of remembering The Green Cross Code when walking near roads.

### **Everyone can join in!**

For pupils who live too far away from school to walk and usually travel by car or bus, even parking a little further away counts! Parking further away and walking to school from there also reduces congestion and air pollution at the school gates and improves road safety.

What better time to celebrate walking- the simple act which brought so much of us joy throughout the pandemic.

Yours sincerely

Mrs Gibbins  
Acting Head of School