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Dear Parents/Carers,

Sustrans Big Walk and Wheel 2022

Get set... we're taking part in Sustrans Big Walk and Wheel 2022 (the new name for Big Pedal), the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 21 March to 1 April. It's free and we would love everyone to be involved.

What do you need to do?

Encourage your child to take active journeys to school on as many days as possible during the event, and join them on their way.

Why we are taking part

Sustrans Big Walk and Wheel is a great way to get children active, which is important for physical health and mental wellbeing. Active school runs also help to reduce congestion and air pollution outside the school gate. Plus there are some great prizes to be won every day if we get enough children taking part!

Including everyone

We want to make sure that everyone can get involved in Sustrans Big Walk and Wheel.

We know there may be things which make it more difficult for some pupils to take part than others. For example, some children may have different mobility needs. This should not stand in the way of your child taking part. If you want to discuss more about your child's specific needs, please contact Miss Ward or Miss Moores and we will make sure that there is a way for your child to take part.

If you live too far away to walk, cycle or scoot for the whole journey to school, you can park and walk/wheel. Park at least 10 minutes away from school and complete your journey actively – remember you can use the rear car park at Punches. If you use public transport you could get off earlier and finish the journey on foot.

Useful resources

To help you prepare, Sustrans has developed a handy free guide packed with advice, games and challenges to help you have hassle-free cycle, walk or scoot to school.

Download your free family guide using this link: <https://www.sustrans.org.uk/sign-up-to-receive-your-free-family-guide/> For more information about the event go to www.bigwalkandwheel.org.uk. Enjoy the challenge!

Best wishes

Miss K. Ward

