



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 20-31 March. 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.

Including everyone

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

We know it may be more difficult for some pupils to take part than others. If you want to discuss more about your child(ren)'s specific needs, please contact school and we will make sure to look into how your child(ren) can take part..

If you **have** to use the car, please do not park on Archibald Street. Park further away and then walk / scoot the rest of the way.

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](#) 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!

Competition Time at Archibald - Friday 31st March

On Friday 31st March, we are inviting you to 'Bling' your shoes, scooter or cycle.' The Planet Protectors will then judge the best entries in Nursery to Year 1 for the best shoes, scooter or cycle and the best entries in Year 2- Year 4 for the same. 6 prizes will be given out.

We cannot wait to see how you decorate these!!!

Surprise Time

And... every day the OPAL Team will surprise a group of children with a chance to use their bikes or scooters in yard too as an extra incentive to find a healthy way to travel to school!

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 . Enjoy the challenge!

Best wishes

Rebecca Turner

Headteacher

The Big Walk and Wheel is a Sustrans project. Sustrans making it easier for people to walk and cycle. journey. www.sustrans.org.uk

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