

International Walk to School Month October 2019



Discover where walking can take you

Dear Parent/Carer,

'International Walk to School Month' takes place this October and is an exciting campaign designed to encourage physical activity into the daily routine, through walking to and from school in a fun and innovative way.

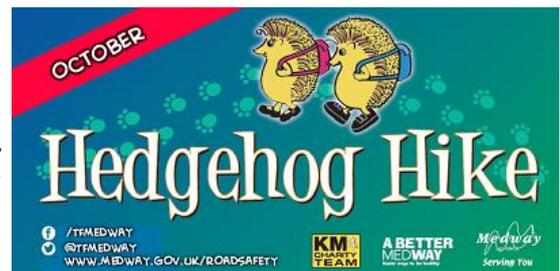
The aim of the focus month is to show your school community that walking to school:

- is a brilliant way of keeping active and healthy;
- helps the environment, because fewer cars on our roads means less air pollution;
- will not mean waiting in traffic jams and will possibly be quicker;
- allows children to interact with their local environment and develop independence;
- increases quality time with family and friends to enjoy the outdoors;
- can help teach essential road safety skills, improve concentration and alertness;
- will eliminate fuel costs;
- can be FUN!!!!

Each year, primary school pupils from across the UK join forces with children in more than 40 countries worldwide to celebrate the benefits of walking to school.

HEDGEHOG HIKE: 3-WEEK CHALLENGE

Medway Council's Safer Journeys Team are inviting ALL primary schools and academies in Medway to compete in our Hedgehog Hike Challenge, which runs for three-weeks with the aim to tally the highest percentage of walks over the duration.



The challenge will be taking place across the following dates:

WEEK 1: Tuesday 1st - Friday 4th October 2019;

WEEK 2: Monday 7th - Friday 11th October 2019;

WEEK 3: Monday 14th - Friday 18th October 2019.

There is to be a daily hands-up survey conducted in each class, which will ask - "Put your hand up if you came to school by green travel today". Green travel means: walking, cycling, scooter, park and stride, train, bus. Your weekly class figures should then be added to a whole school tally chart to calculate a running total for your school. Winners will be recognised for the primary school with the highest percentage of pupils walking over the 3-weeks, with a press release and winner's presentation made by the Safer Journeys Team.

Our Safer Journeys Team are here to support anyone who wants to start walking to school - whether it's all the way, parking up and walking the last 10 minutes of the school journey, or jumping off the bus two stops early. In the meantime, if your school is interested in promoting active travel in line with school journey, please visit <http://www.medway.gov.uk/roadsafety> or contact Medway Council's Safer Journeys Team on [01634] 331399 or by email, travel.safety@medway.gov.uk.

Best of luck,

*Safer Journeys Team,
Medway Council*

