

Walk to School - A Five Day Challenge

Join us on this health and wellbeing initiative!
Monday 12th – Friday 16th October 2020

LIVING

STREETS

LET'S
WALK TO

HEALTH AND WELLBEING

We would like to invite all our families to take up the **Walk to School Five Day Challenge** next week. As well as the health benefits that walking gives us (strong hearts, healthy bones & increased muscle strength), regularly walking to school is a positive way to start the day. It can help create time to connect with family and friends, give time to discuss things that are important to us, and build healthy habits that will last our children a lifetime. *A brisk walk to school is a great way to help your child reach the government's recommended 60 minutes of physical activity per day.*

With your support, we would like each child to walk to and from school for as many days as possible next week (see the top tips section below).

Your child's class teacher will be sending home a personal activity diary for them to complete with you. Then each morning children will log their walking journey on their class wall chart and learn about all the benefits of walking with their class teacher.

We are looking forward to hearing about all the children's walking, scooting, cycling or park & strides adventures, so we do hope you will be able to join in the fun next week.

Top Tips:

You can find out more about making the walk to school fun and easy by visiting www.livingstreets.org.uk/parents.

Pushed for time? Begin by making small changes - commit to walking once a week or part of the way

If walk to school isn't doable because of getting to your work place, could you walk home from school instead?

Worried about road safety? Use the walk to school to practice road safety and make your child more aware, more confident and safer around road traffic.

Rubbish weather? Pull out those wellies, umbrellas and raincoats and enjoy splashing in some puddles along the way. It's not about the weather, it's about what you wear!

Too far to walk or going straight onto work? Swap the whole ride for a *Park & Stride!* Find somewhere suitable to park at least ten-minute walk from school and complete your journey on foot.

On the bus? How about getting off a stop or two early and walking the rest of the way?

Unwilling walkers? Arrange to meet friends or walking buddies along the way. Please remember to be COVID secure and stay 2 metres apart.

Living Streets have also produced a pack of 14 fun and educational activities you can do on your walk to school or on any walk such as scavenger hunts, I-spy or making picture postcards. Check out the pack at https://www.livingstreets.org.uk/media/5451/family-summer-resources_final.pdf