



20 September 2023

Dear Parents/Carers,

Get set... we're taking part in the Cycle to School Week 2023. The challenge runs next week from 25th to 29th September. It's free and we would love everyone to be involved. It is a great opportunity for families to save money, get healthier and protect the environment, as well as having lots of fun on the journey to school.

What do you need to do?

Encourage your child(ren) to walk, scoot or cycle to school on as many days as possible next week. (Please ensure your child is accompanied by an adult as appropriate. We advise that unless a child has their cycling proficiency qualification, or equivalent, they should not be cycling on the roads unaccompanied). Check that all bicycles and scooters are safe to ride – some helpful videos are available at the following links. https://www.youtube.com/watch?v=4gtx60bcNk0&ab_channel=Sustrans
https://www.youtube.com/watch?v=hwQL_iorrAg&ab_channel=Sustrans

Including everyone

We want to make sure that everyone can get involved in Sustrans Cycle to School Week. We are running it as the focus for our class cup next week – so the most children who walk, cycle or scoot to school in a class will win the class cup! Don't worry if you live further away – drive to a safe location in the village and walk the rest of the way!

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 their class teacher and we will make sure to look into how your child(ren) can take part.

Why we are taking part

Sustrans Cycle to School Week 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 way to bring down these pollution levels.

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 journeys to school. Download your free family guide using this link: <https://www.sustrans.org.uk/sign-up-to-receive-your-free-school-run-guide/>

Enjoy the challenge!

Best wishes,

C McEldowney

Principal