

# Stanford School



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10<sup>th</sup> May 2024

## Walk To School Week – Well-being Walks

Dear Parents and Carers,

As part of our commitment to keeping a healthy body and mind, we are taking part in national 'Walk to School Week'. This is an initiative to help children create healthy habits as well as considering the positive impact on our environment.

This year's challenge, 'The Magic of Walking', encourages children to travel actively to school every day of the week. They will learn about the important reasons to walk and the difference it can make for individuals, communities and the planet! Each pupil will be challenged to travel sustainably (walk, wheel, scoot, cycle or Park and Stride) to school every day for one week.

We would ask, if possible, to make arrangements so that your child/children can travel actively to school on **week commencing 20th May**, helping our school reduce congestion and pollution around the school gates.

Our pupil voice Travel Plan Group will be analysing the information from this week. We are so grateful for the links this group have made with our community and school governors, helping us with such projects as the cameras at the school gate, to reduce congestion and make our roads as safe as possible.

As we are aware that this is not possible for all children, we will also be encouraging all children to take part in 'Well-being Walks' around the school grounds, during this week. This will link to Mental Health Awareness Week from the week before.

We thank you for your continued support.

Yours sincerely,

**Mr J Middleton and the Travel Plan Group**

