

April 2021

Dear Parents/Carers

Rugby Free Primary School has been chosen to be part of an exciting nationwide challenge to encourage more children and their families to walk to school. The WOW – walk to school challenge is delivered by Living Streets, the UK charity for everyday walking, to help as many children as possible experience the benefits of walking to school.



**LET'S
WALK TO
SCHOOL**

WOW is a pupil-led initiative where children self-report how they get to school every day. If they travel sustainably (walk, cycle, scoot or Park and Stride) at least once a week for a month, they get rewarded with a special badge each month. It's that easy!

The monthly WOW badges are made using excess yoghurt-pot material previously destined for landfill and are produced in the UK, minimising our carbon footprint. The packaging we use is 100% biodegradable. Living Streets is proud to have found a brilliant use for landfill material.

What are the benefits of walking to school? Walking to school helps children feel happier and healthier and they arrive refreshed, fit and ready to learn. More families walking means fewer cars on the road during the school run, helping to reduce congestion and pollution at the school gates.

What if you can't walk to school? We are very aware that there are families who live too far away to walk the whole way to school, you can Park and Stride to help your child earn their WOW badge. Park or hop off public transport **at least ten minutes away from the school** and walk the rest of the way. For instance, you could park just off the roundabout at the top of Central Park Drive and walk the rest of the way. Please let your child know if they have completed a 10 minute walk to school by parking further away and encourage them to be honest when asked by their teacher.

Is walking to school safe at this time? Walking to school remains an effective way to reduce congestion and improve road safety at the school gates, while increasing physical activity and benefitting pupil wellbeing. The government is actively working with schools and local authorities to encourage families to walk to school whenever they can during this time. However, it is important that measures in place to protect everyone's health are always observed. Living Streets understands that schools face unique challenges at present, which create uncertainty for staff, pupils and families. We are committed to helping schools adapt to changing circumstances, ensuring that everyone involved in our walk to school initiative stays safe.

Thousands of schools and around one million pupils are enjoying the benefits of walking to school across the UK. Will you join us? We will start this initiative from next week, **Monday 26th April**.

If you have any questions about the challenge, please contact *Miss Dall or Miss Wilson* or for more information visit: livingstreets.org.uk/WOW

Let's swap those school runs for school walks!

Thank you

Miss Wilson and Miss Dall

PE and Healthy Living Leaders