



JRSO Newsletter

May 2018

Welcome to the May JRSO Newsletter

It's Walk to School Week this month (21st - 25th May) and there isn't a better time of year to promote sustainable travel. With good weather and access to national resources from Living Streets, the UK charity for everyday walking, it's a good time to promote walking, cycling, scooting and park and stride.

Good luck on whatever one of the above you choose to do!

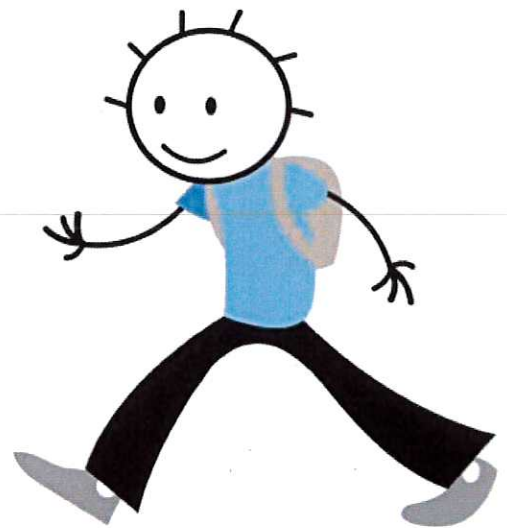
Remember, if you walk to school at least once a week for the whole month, you will receive a WOW badge. Each month there is a different theme, so keep a close eye out for the themes that you enjoy.

ALSO.....

The JRSO'S (Keira, Rory, Henry and Josh) will be out on the gate, with a teacher, each morning when you arrive at school. If you have any questions, please feel free to ask us anything you like.

Have fun walking to school next week!

From all of the JRSO'S.



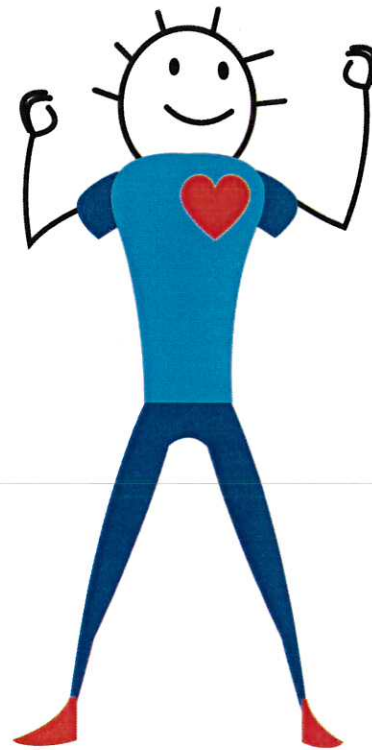
Walking Quiz

1. How much activity should young people (age 5-18) be doing a day?
 - A) 15 Minutes
 - B) 30 Minutes
 - C) 60 Minutes
 - D) 90 minutes
2. Walking helps to:
 - A) Keep your bones strong
 - B) Promote positive mental health
 - C) Improve concentration
 - D) All of the above
3. You should always cross the street:
 - A) Between parked cars
 - B) At a crossing
 - C) Wherever you want
4. On average, how far can you walk in 5 minutes?
 - A) 100m
 - B) 200m
 - C) 300m
 - D) 400m

True or False?

'The average drive to school releases 800g of CO₂ into the air—enough to inflate over 60 balloons.'

True! Driving also releases other pollutants into the air, and being inside the car means that you could be breathing in up to three times as much pollution than if you were walking along the pavement!



1C, 2D, 3B, 4D

