



Weston Mill Community Primary Academy



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Weston Mill Community Primary Academy
Ferndale Road, Weston Mill, Plymouth, Devon
PL2 2EL

Friday 23rd April

Dear Parents/Carers,

Get set... we're taking part in Sustrans Big Pedal 2021, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. Our challenge runs from 26 April to 30 April. It's free and we would love everyone to be involved.

What do you need to do?

Encourage your child(ren) to take active journeys to school on as many days as possible during the event, this can be walking, scooting or cycling to school each day.

Why we are taking part

Sustrans Big Pedal is a great way to get children active, which is important for physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate and Covid-19 has made active travel to school is even more important. The Department for Education have said encouraging active travel to school helps "to enable pupils to be physically active while encouraging physical distancing."

Plus there are some great prizes to be won every day if we get enough children taking part!

Cycle, walk, scoot and snap to win family prizes

You and your family can also win prizes during Sustrans Big Pedal. Simply post a photo of you and your child(ren) cycling, walking, wheeling or scooting to school on social media during the challenge using #BigPedalWin.

To be in with a chance of winning, you'll need to follow Sustrans on Instagram [instagram.com/sustrans](https://www.instagram.com/sustrans), Twitter twitter.com/sustrans or Facebook [facebook.com/Sustrans](https://www.facebook.com/Sustrans). Be sure to check the terms and conditions found on the Big Pedal website prior to entering the competition.

Children can bring their scooters or bikes into school each day and store them in their bubbles.

Children who have scooted to school will also be able to use these during the day.

Kind regards,

Mr Wilkins
Assistant Head of School

WESTON MILL COMMUNITY PRIMARY ACADEMY

WALKING MAP



Weston Mill Community Primary Academy
Fennidale Road
Plymouth
PL2 2EL

Tel: 01752 365250
Email: westonmill.reception@discoverymat.co.uk
www.westonmill.plymouth.sch.uk



Strategic Planning and
Infrastructure
Ballard House
West Hoe Road
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PLYMOTION

Make the connection!

Keep up to date:

plymotion@plymouth.gov.uk



@plymotion

WALK FOR YOUR OWN HEALTH... AND OUR PLANET'S

Did you know:*

- Children need 60 minutes of exercise every day.
- Walking 1 mile (about 12 minutes) burns up to 100 calories.
- Short walks every day have the potential to increase productivity (at work or school) by up to 30%.
- Travelling to school independently gives children great road safety and life skills.
- Walking is great for the environment because it helps to cut pollution outside your child's school by reducing the number of cars outside the gate.

*www.nhs.uk
www.livingstreets.org.uk

Every
now and then
everyone is in a
hurry, but remember
the rhyme: Even if
you're late, don't
park at our
gate.



STAY STREET SMART

Remember to **HOLD HANDS**,
then **STOP, LOOK, LISTEN, THINK**

1. Find a safe place to cross.
2. Stop just before you get to the kerb.
3. Look and listen in all directions for traffic.
4. If traffic is coming, let it pass.
5. When it is safe, go straight across the road without running. Keep looking and listening while you cross.

USEFUL IDEAS FOR FUN ACTIVITIES

- **Season Sleuth:** Find one new clue about the season on each journey.
- **Place Your Bets:** Guess how many times you will see a chosen item on one journey: yellow cars, red doors, sycamore trees, hats, gnomes, you choose!
- **Map Reader:** Mark X on a spot on your map and encourage your child to plan or lead your journey there.
- **Treasure Map:** Mark your map where you have hidden treasure on your journey to or from school (painted pebbles/coloured string tied to twigs).
- **Detour 2 Explores:** Find a nearby green space to detour to or a playground.
- **Follow the Leader:** Take turns leading the way to school using funny walks.
- **Pedometer:** Set yourselves challenges for the day or week and see if you can beat your own Personal Bests!

• **Story time:** Start by saying...
"Today's walk was much the same as yesterday's walk, until a most remarkable thing happened..."
What happens next?

MAKE THE CONNECTION

Plan your bus journey using Plymouth
Citybus or Stagecoach's journey planners:

[www.plymouthbus.co.uk/
journey-planner](http://www.plymouthbus.co.uk/journey-planner)

www.stagecoachbus.com/plan-a-journey

Find out more about what the Plymotion team is up to, access road-safety advice, or download a cycle map
www.plymouth.gov.uk/plymotion

Get inspired by reading more about national

active travel campaigns at

www.sustrans.org.uk

www.livingstreets.org.uk

www.modeshiftstars.org

Pupils who are
active feel healthier
throughout the day, are
more productive learners
and they are also less
likely to be off sick.

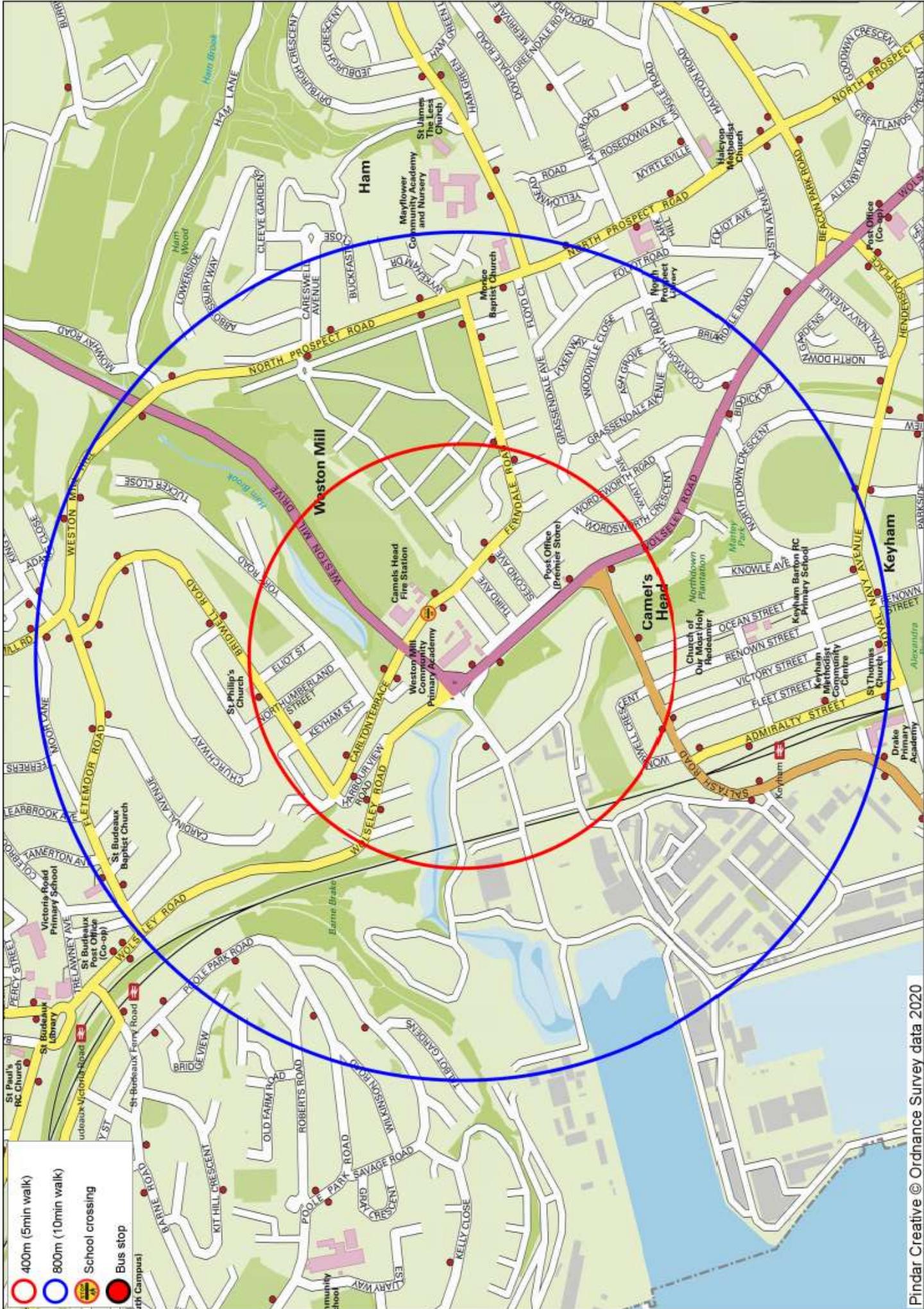


SHOW YOU CARE, PARK ELSEWHERE!

Park and Stride means you and your child still get exercise even if you have to use the car for some of the journey. Look at the map and choose somewhere at least 5 minutes away from the school that you can safely and legally park your car, then walk the rest of the way.

Park and Stride = Less pollution near your school's gate + exercise for you and your child.





- 400m (5min walk)
- 800m (10min walk)
- School crossing
- Bus stop