



Bishop Aldhelm's CE Primary School

Loved by God; United in Learning

Headteacher: Scott Tait Deputy Headteacher: Lizzie Sharpe

10th May 2023

Walk to School Week 15.05.23 – 19.05.23

Dear Parents/Carers

Next week is a National Walk to School Week, where schools come together to try and encourage families to walk, scoot, cycle or park and stride to school for as many days that week as they can.

Each year there is a theme to this event and this year it is based on 'Walk with Wildlife', discovering the important reasons to walk and the difference it can make for individuals, communities and the planet!

On Friday your child will come home with a booklet to show what we are walking for each day. They will also have an activity that they can choose to complete for each day too.

If your child is able to walk, scoot, cycle or park and stride (park further away and walk as far as you can to school), they will receive a sticker at school for each day they do. By the end of the week, all children will also receive a mini award to promote walking to school.

On Day 1 (Monday) – We walk for Inclusion – Can you think about the safest way to walk to school? Do you need a helmet for your journey? What is the best route to walk along? What is the best route to use wheels along?

On Day 2 (Tuesday) – We walk for Sustainability – Can you spot things on your way to school that may harm the environment? For example, litter or cars.

On Day 3 (Wednesday) – We walk for Health – Can you find a different way to exercise as you travel to school today? You could even jog to school!

On Day 4 (Thursday) – We walk for Mindfulness – Can you use your senses to listen to sounds, smells and feel things in nature along the way?

On Day 5 (Friday) – We walk for Friendship – Can you arrange to meet a friend on your walk today? You could walk part way into school together.

We look forward to seeing many of you walking or wheeling each day!

Best Wishes,

Mrs Light



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