



# Arnside National Primary School

*'Aspire – Believe – Achieve'*

Headteacher: Mr Nick Sharp BA Hons (QTS)

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10<sup>th</sup> May 2018



Dear Parents/Carers

Get set... we're taking part in National Walk to School Week.

Join thousands of children across the country celebrating the benefits walking brings whilst having a great time. This could be your chance to give walking to school a go.

We know that walking to school makes children feel healthier and happier, while reducing congestion and pollution outside the school gates. Yet less than half of primary school children currently walk to school.

We want to reverse this decline and see every child that can, walk to school. We aim for this challenge to inspire pupils, staff and parents to choose to walk for their journey to school. This event was extremely successful last year and we had a huge number of children walking to school.

Walk to school week runs from **Monday 21st- Friday 25<sup>th</sup> May** and we would love everyone to be involved.

## The details

This year we're exploring the ecosystem of a tree with our Walking Roots challenge.

Pupils who walk to school each day add a sticker to the classroom activity-tree. Each sticker brings the tree to life across the week, from the roots and the trunk, to the colourful leaves and blossoming flowers. Activity diaries for both children and their parents will focus on the importance of nature, and the benefits of walking, as they make their way to and from school for the week.

## How it works

1. Walk to school each day for a week. If you live too far from school to walk the whole way, why not swap the whole ride for a Park and Stride? Find somewhere to park at least a ten minute walk from school and complete your journey on foot.
2. Stick a sticker to the wallchart in your classroom, each day that you walk to school.
3. Each day complete the activities and games in your activity diary.
4. Once you have completed the five-day walking challenge, claim your reward sunflower seeds and stickers!

It is as easy as that!



Arnside National School, as an academy, is a charitable company limited by guarantee in England and Wales with company number 07840925



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## What's next?

All you need to do is encourage your child(ren) to walk to school every day during the event, and join them on their way - parent and sibling journeys count too! At the end of the week every child who has participated in walking will receive a packet of sunflower seeds. Pupils and their parents or carers can take these home to plant and enter a fantastic prize draw. More information about how to grow sunflower seeds and enter the prize draw can be found in the activity diaries and on the back of the seeds packets.

For more information about the event go to <https://www.livingstreets.org.uk/what-we-do/projects/five-day-walking-challenge>

Please get in touch if you have any questions.

Enjoy the walk!

Mrs Shipperd



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