



# Arnside National Primary School

*'Aspire – Believe – Achieve'*

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24<sup>th</sup> September 2020

Dear Parents/Carers,

Get set... we're taking part in Sustrans Bike to School Week 2020, which is designed to showcase the benefits of cycling to school across the UK. This event has been extremely successful in previous years and we had a huge number of children pedalling to school.

The challenge runs from 28th September to 2nd October 2020.

Bike to School Week is a great opportunity to promote the positive impact that an active lifestyle can have on pupils' wellbeing and health. It's free to enter and we would love everyone to be involved, as it's a fantastic way to get us warmed up ready for the Sustrans Big Pedal in the spring.

The details

During Bike to School Week we ask teachers to encourage pupils, parents and staff to cycle to school. On each day of the challenge schools compete to see who can record the greatest number of pupils, staff and parents cycling or scooting to school. We'll be competing against other schools right across the UK, and if we clock up the most bike and scooter journeys we'll win!

Why we're taking part

It's a great way to get more of our pupils travelling to school on their bikes and scooters.

What's next?

All you need to do is encourage your child(ren) to cycle or scoot to school every day during the event, and join them on their way – parent and sibling journeys count too!



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

If your child(ren) live too far away from school, please could you consider dropping them off on route closer to school, so they can walk the remainder of the journey.

We have a bike rack at the front of school (in front of Miss Morris'/Mrs Topping's classroom) for Key Stage Two children to store their bikes/scooters. Please can Key Stage One children's bikes to be leant against the playground fence down from the Reception Class garden area towards the gate..

If you have bike locks at home, please send your child to school with one.

### Bike to School Week family competition

Join our Bike to School Week family competition where one lucky pupil will win an exciting prize from our friends at Halfords. Details available online:

<https://www.sustrans.org.uk/our-blog/projects/2019/uk-wide/bike-to-school-week-family-competition/>

Share a short video or a photo with a message telling us why you love to or would like to cycle to school. Follow and tag @sustrans on Facebook, Instagram or Twitter and use #SustransWin to be in with a chance of winning.

For more information about the event go to <https://www.sustrans.org.uk/our-blog/projects/2019/uk-wide/bike-to-school-week/>

You can also download the free 'Parent Guide and Activity Pack' at <https://www.balanceability.com/free-resources/parent-guide-activity-pack>

Please get in touch if you have any questions.

Enjoy the ride!

Mrs Shipperd