



Arnside National Primary School

'Aspire – Believe – Achieve'

Headteacher: Mr Nick Sharp BA Hons (QTS)

Church Hill
Arnside
Carnforth, Lancs
LA5 0DW

admin@arnside.cumbria.sch.uk
www.arnside.cumbria.sch.uk
Tel/Fax: 01524 761159

Dear Parent/Carer,

Our school is taking part in Walk to School Week next week (**17th-21st May**). The nationwide event is organised by walking charity Living Streets and designed to help pupils experience first-hand the importance of walking to school. Children will be well on their way to reaching their recommended 60 minutes minimum of physical activity per day before even reaching the school gates! Not only will it set them up for a positive day in the classroom, but it will also help create healthy habits for life.



The theme of this year's event is 'Walking Superpowers' and through the week, pupils will be introduced to five different Walking Superpowers who will teach them all about these benefits and reinforce the power of walking, superhero style!

Each pupil will be challenged to travel sustainably (walk, wheel, scoot, cycle or Park and Stride) to school every day for one week using wallchart and stickers to log their journeys. Each class will work collectively to make as many active journeys to school as possible across the week. Individual activity diaries, daily stickers and end of week pupil rewards will complement this activity, reinforcing the benefits and keeping children engaged.

What do I need to do as a parent/carer? We would ask, if possible, to make arrangements so that your child/children can travel actively to school on w/c 17 May, helping our school reduce congestion and pollution around the school gates. In return, your child will earn special stickers and a badge!. Walking, wheeling, scooting and cycling all count! If you live far away from school and need to drive or take public transport, try parking the car or hopping off the bus/train ten minutes away and walking the rest of the journey.

Thank you in advance for your cooperation.

Please get in touch if you have any questions.

Enjoy the walk!

Mrs Shipperd
PE and Sport Coordinator

