

3rd October 2022

Step Up for Walktober

Dear Parents and Friends of Castle Hill,

This year we are encouraging our children to participate in the Step Up for Walktober initiative which will run for four weeks, commencing on Monday 3rd October. The Step up for Walktober Challenge is all about Active Travel. Active travel involves leaving your car at home as much as possible and choosing more active and environmentally friendly ways to make your journeys. You could;

- Walk,
- Wheel,
- Scoot,
- Cycle.

If it is too far to travel actively for the whole journey, you can use the bus, train or, Park and Stride: travelling by car part-way and travelling actively for the last bit of the journey. We are teaching our children that walking to school is healthier, more enjoyable and better for the environment. We hope that this initiative will contribute to more active travel on the school run and improved mental wellbeing by connecting with the outdoors.

To support your child in completing Walktober, we have attached a Your Steps Count! Primary Challenge Card. The pupil challenge card is your opportunity to tell us how much and what kind of active travel you have done during Walktober. There is also an example Challenge Card for you to see some of the activities that you can complete at home. Once you have completed an activity this can then be recorded on the Primary Challenge Card.

Yours sincerely,

CHPS Team