



# Step up for Walktober

Stepping up for: our planet, our wellbeing and our community

## Parent Information

**Travelling actively can help make a change for our planet, our wellbeing and our community.**

The Sustainable Transport Team at Southampton City Council is encouraging schools to take part in International Walk to School Month. The event runs for the whole of October.

We would like as many pupils, families, and staff as possible to travel actively to school for the month!



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## Your Steps Count! - Pupils Challenge Card/Competition:

Our Pupil Challenge Card encourages pupils to make a pledge to travel actively in October. Over the course of the month, they can fill in their Challenge Card with their active travel choices and then submit it to be in with the chance of winning a fantastic prize!

### How it works:

- School will provide your child/children with a Your Steps Count! Challenge Card and instructions on how to complete over the month of October.
- Check out our example Challenge Card for ideas!
- At the end of Walktober and by **Friday 11th November 2022** parents/carers submit their child's completed Challenge Card.
- The Challenge Cards will be entered into our prize draw to win a fantastic prize!
- Full details on how to enter the pupils prize draw and information on prizes at: [myjourneysouthampton.com/walktober](https://myjourneysouthampton.com/walktober).

### Top tip:

Why not also extend being active to after school, your weekends and half term – an autumnal visit to a local park, a family bike ride, a scavenger hunt, exploring your local area on a pumpkin trail? – you can add this to your Challenge Card too!

**Note:** If you need assistance returning your child's Challenge Card, please ask at your school office.

## Good luck and have fun being active!



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