



St. Michael's Church of England Primary School

Carlisle Road, Dalston, Carlisle, Cumbria CA5 7LN • Tel: 01228 711544 • Headteacher: Mrs L Smith

Our school values: *Respect · Kindness · Challenge · Forgiveness · Perseverance*



Friday 11th October 2024

Dear Parent / Carer,

Our school will be taking part in the county wide Feet First 5-day Active Travel Challenge starting on **Monday 14th October** and finishing on **Friday 18th October 2024**. The challenge is for pupils and their families to choose an active way of getting to school as many times as possible over the 5-day period, supporting sustainable active journeys on the school run.

There are prizes for everybody who completes the challenge, as well as the chance to win a whole school prize and so we would love everyone to take part and travel to school in an active way whenever possible. The challenge is also open to school staff, and we will be making every effort to take part too. Walking, using a mobility aid such as a wheelchair, cycling, skating, scooting, and park & stride are all active ways of travelling, and we hope by taking part in the challenge it will:

- Improve health and wellbeing of our pupils and families
- Encourage pupils and families to be more active
- Reduce congestion and parking problems around our school
- Encourage sustainable active travel for the journey to school, supporting our local environment and reducing our school community's collective carbon footprint
- Promote active travel for the school run and encourage families to continue to do this after the challenge ends.

During the challenge each child will receive their own record card on which pupils who have travelled actively can record their journey by adding a sticker. Those pupils with at least one sticker on the card at the end of the challenge will be awarded a small individual prize.

We appreciate that it is not always possible for parents to walk with their children to school for the entire journey, but please be aware if you live a long way from school and need to drive you can still take part by parking further away from school and walking the last part of your journey, (Park & Stride), or by car sharing with another family. Children who use school transport during the active challenge week will also be able to collect stickers as this also helps to reduce individual car use on the school run.

Many thanks

Mrs L Smith