



# 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 14<sup>th</sup> March 2025

Dear Parent / Carer,

Our school will be taking part in the county wide Feet First 5-day Active Travel Challenge starting on **Monday 17<sup>th</sup> March** and finishing on **Friday 21<sup>st</sup> March 2025**. 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, so we would love everyone to take part. 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
- Reduce 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 card to record their active journeys. Those pupils with at least one sticker on the card at the end of the challenge will be awarded an individual prize.

There will also be a small number of prizes awarded to those children who have made an exceptional effort during the challenge.

We understand that it's not always possible for families to walk with their children to school for the entire journey, but if you live a long way from school, you can still take part by parking further away 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 be able to collect stickers as this helps to reduce individual car use.

Kind regards

Mrs L Smith