



Dear Parents/Guardians,

As part of our School Council initiative to inspire more active travel to school, we will be participating in the 'Big Walk and Wheel', led by Sustrans. We had a fantastic response to the 'Big Pedal' last year, with a majority of the children actively travelling to school and we hope to continue that success this year. We also raised £200 for new bike racks which will be available for children to use over the 2 weeks.

Children and parents/guardians are encouraged to:

- Walk to and/or home from school
- Cycle to and/or from school (P5-P7) – **Helmets MUST be worn.**
- Participate in physical activity outside of school when possible.

This is a great way to improve our environment, get our bodies and minds healthy and help our school towards achieving our Silver Award.

Important Information:

- **Children in Reception to Primary 4 must be accompanied by an appropriate adult.**
- **Reception to Primary 3** – walking from Parish car park to/from the bottom block of the school is suffice.
- **Primary 4** – can be dropped off at a safe location of parents' choice and may continue walking from there (with an adult)
- **Primary 5 – Primary 7** - can be dropped off at a safe location of parents' choice and may continue walking/cycling from there. If coming alone, please return the permission slip on the following page and return to the class teacher tomorrow.
Children wishing to cycle must also return the Consent Form attached.

The 'Big Walk and Wheel' will begin on Monday 21st March and end on Friday 1st April.

'Big Walk and Wheel' Reply Slip. Please circle as appropriate:

Child/Children's Name(s) and class(es):

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My child/children will participate in the 'Big Walk and Wheel'. **Yes/No**

I give permission for my child/children to **walk alone** to/from school. **Yes/No**

P5 – P7 children wishing to cycle must also return this form.

I give permission for my child/children to **cycle alone** to/from school. **Yes/No**

*Children cycling to school **MUST**:*

- *Wear a **HELMET**.*
- *Dismount the bike at the entrance to the school and walk the bike onto the school grounds to the bike racks at the side of the school.*
- *Be aware of pedestrians on the street and cycle **RESPONSIBLY**.*

Miss J Hughes

School/Eco Council Coordinator