



Dear Parents/Carers,

Get set... we're taking part in Sustrans Big Pedal 2019, the UK's largest inter-school cycling, walking and scooting challenge. The challenge runs from 25 March to 5 April. It's free and we would love everyone to be involved.

The details

On each day of the challenge schools compete to see who can record the greatest number of pupils, staff **and parents** cycling, walking or scooting to school. You can let us know if you or whoever does the school run has cycled, walked or used a scooter and this can help towards our total numbers. There will be lots of fun activities happening throughout the two weeks to raise awareness of the benefits of walking to school for the children and the environment.

It's a great way to get more of our pupils travelling actively to school and is a simple way to boost their physical and mental health.

Cycle, walk, scoot and snap to win family prizes

You and your family can also win prizes during Sustrans Big Pedal. Simply post a photo of you and your child cycling, walking or scooting to school on social media during the challenge using #BigPedalWin. To be in with a chance of winning, you'll need to follow Sustrans on Instagram [instagram.com/sustrans](https://www.instagram.com/sustrans), Twitter twitter.com/sustrans or Facebook [facebook.com/Sustrans](https://www.facebook.com/Sustrans). Be sure to check the terms and conditions found on the Big Pedal website prior to entering the competition.

What's next?

All you need to do is encourage your child(ren) to cycle, walk or scoot to school on as many days as possible during the event, and join them on their way.

To help you prepare, Sustrans have worked with the School Council to create a five minute walk to school zone. This shows areas you can park that are only a five minute walk to school. You can find this on the back of the letter.

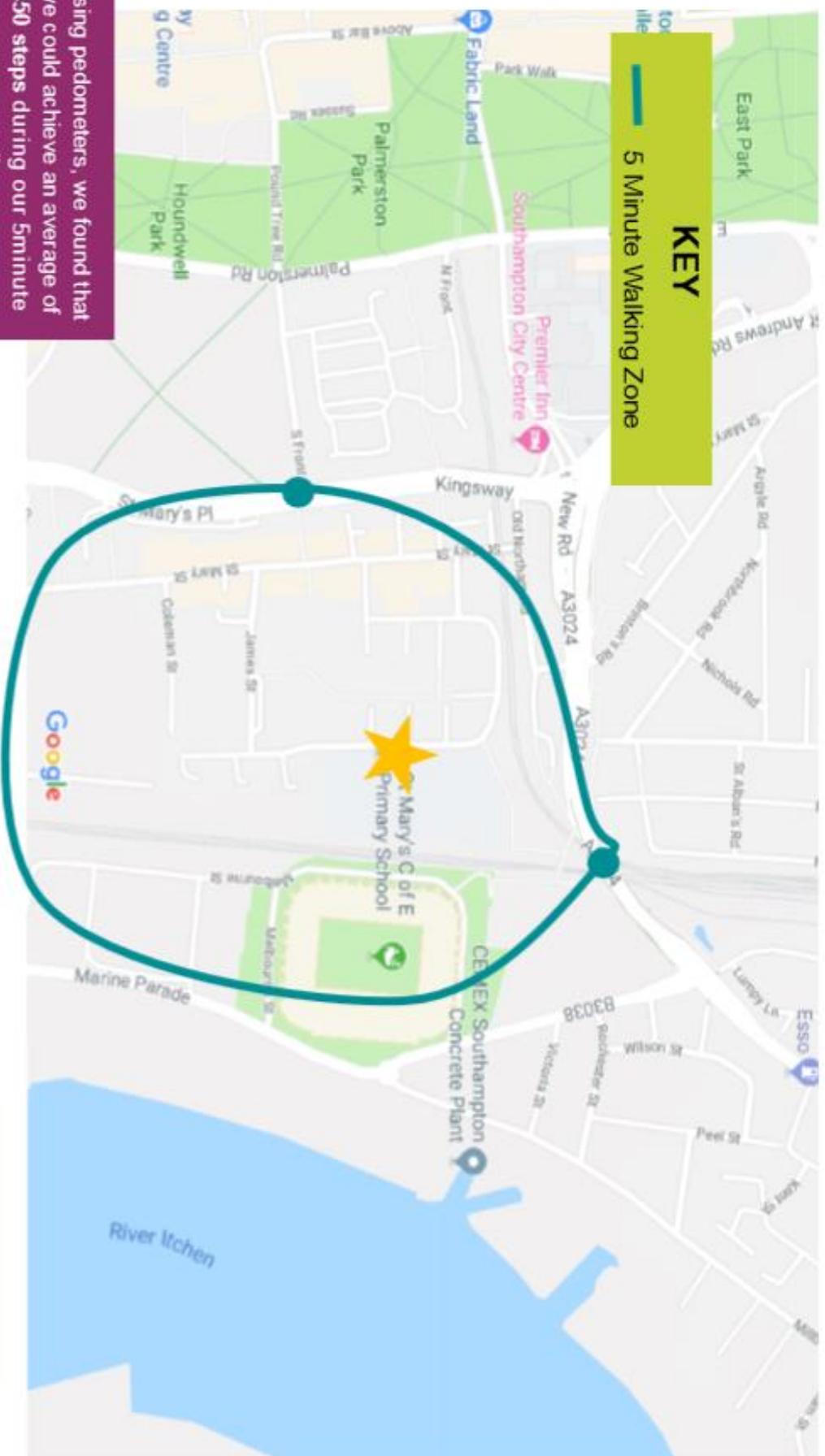
For more information about the event go to www.bigpedal.org.uk. Enjoy the challenge and we look forward to seeing lots of people walking to school.

From

Mrs Berry and the School Council

ST MARY'S WALKING ZONE MAP

If everyone works together to walk to school, there will be fewer cars around the school site. This will create less congestion, reduce air pollution and create a nicer environment for your children every day. Thank you for supporting our walking zone.



Using pedometers, we found that we could achieve an average of 450 steps during our 5minute walk.