

25<sup>th</sup> September 2018

Dear Parents and Carers of children in Nursery and Reception

We would like to invite you to take part in our **'Walk on Wednesdays'** throughout October. Many of you already walk to school which is great. Some of you may think you live too far to walk, but it is only once a week. When you walk to school with your child you can talk about all the things you see which helps develop their language and knowledge of the world around them. It is an opportunity to talk about road safety too.

Why not give it a go. Leave your buggies and car at home and bring out your umbrellas and wellies instead.



Every child who walks to school will receive a special 'walk to school' sticker.



Children who do some form of exercise, especially a walk before school:

1. Arrive fit, refreshed and ready to learn.
2. Do better in class.
3. Are happier, healthier and more independent.

And more children walking to school means:

1. Reduced congestion and improved safety at the school gate.
2. Better local air quality and reduced CO2 emissions.

Riding a scooter or bicycle counts too!



Happy walking!

Mrs Walsh and the Eco Team

