

Tuesday 9th May 2023

Dear Parents and Carers,

Next week, starting Monday 15th May, is the annual 'Walk to School Week'. This is a national initiative aimed at getting our children more active. Getting some exercise before school will help children prepare for a positive day, improving focus and concentration and instilling a sense of physical and mental wellbeing. It is designed to extend beyond the week itself, by encouraging healthy habits for life.

There is the added benefit of reducing traffic too; reducing congestion and carbon emissions, and therefore going a small way towards reducing pollution.

If you live too far from school, you could park a little further away than usual, such as in the Drummond Centre car park and walk from there, or you could cycle or ride a scooter.

There will be a chart in each class for the children to mark off their morning exercise and certificates awarded to those who manage to partake in some form of daily exercise for the whole week.

The children have taken home an information sheet in their book bags for your reference.

Look out for some of the teachers, who will also be joining in!

Happy walking!

Lisa Yeoman

