

March 26

Dear Parents/Carers,

We are taking part in Sustrans Big Walk and Wheel, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. **The challenge for Years 9, 10 and 11 runs from Monday 23 to Friday 27 March** and we would love everyone to be involved.

What do you need to do?

Encourage your child(ren) to walk, scoot, cycle or use public transport to get to school on as many days as possible during the event.

Why are we taking part?

The Big Walk and Wheel is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate. [A 2021 YouGov study](#) showed nearly half of UK children worry about air pollution near their school and that children thought active travel was the best way to bring down these pollution levels.

There are some great prizes to be won every day! All participating students can enter into a daily prize draw for meal deal vouchers, win a family swim voucher, vouchers for trampolining and skateboarding equipment.

Useful resources

To help you prepare - [Download your free family guide](#) using this link: [Sign up to receive your free school run guide](#) - [Sustrans.org.uk](https://www.sustrans.org.uk)

For more information about the event go to www.bigwalkandwheel.org.uk .

Enjoy the challenge!

Kind regards

Mrs Green

Eco Coordinator, Seaford Head School