



Hello there,

Welcome back to Beat the Street! I am contacting you regarding Beat the Street which, as you know, is a fun, free walking and cycling game which gets staff, pupils and their families out and about in the local area, having fun and keeping healthy. The East Renfrewshire game now starts on September 30th and runs until October 21 and your game materials will arrive the week before the game starts.

Get healthy, and have fun!

Developed by a team of physical health experts led by Dr William Bird MBE, a GP working on the NHS frontline against Covid, Beat the Street is the perfect way to get your pupils moving after lockdown. Physical activity is proven to boost physical and mental health, and immunity, which helps the body resist bacteria and viruses including the Coronavirus. With access to PE facilities in schools being a challenge, why not take your class for a Beat the Street walk – and learn about the local area and at the same time – during PE lessons?

It's Covid Safe

Played outdoors in household groups, as individuals and in class bubbles, Beat the Street is the perfect way to exercise safely during the pandemic. Our contactless Beat Boxes mean that players can collect points without touching surfaces. Clear, upbeat messaging reminds players to maintain social distance and practice regular handwashing.

## PPE for you

We want to ensure everyone's safety, so we've included a pack of PPE with this delivery. Please use the items in the pack when opening the boxes.

Win amazing prizes for your school!

Beat the Street is a fantastic opportunity to bring together your school and get staff, pupils and their families involved – and there will be hundreds of pounds worth of prizes and the chance to see which school can climb to the top of the leaderboard and be crowned winner of the competition. Small and large schools can compete against each other as there are prizes for Total and Average points.

Beat the Street is being delivered by Intelligent Health on behalf of East Renfrewshire Council with support from Paths for All's Smarter Choices, Smarter Places programme. To find out more about how Beat the Street works please view our short video below:

Beat the Street how to play : <https://www.beatthestreet.me/>

Designed to get children and communities moving

Beat the Street is designed to inspire people to make small changes, such as walking or cycling to school every day, to improve health and help re-set the way in which we embed physical activity into everyday life. So far over 1.3 million people have taken part in Beat the Street games across the UK

and Ireland, continental Europe and beyond. Participation in Beat the Street not only supports children's physical activity participation, but may also:

- Provide data which can be used as supporting evidence in the Wellbeing aspect of school inspections.
- Act alongside, or as a support precursor to the Healthy Schools programme.
- Help the school and its pupils to achieve the NHS Scotland's physical activity target of 60 minutes per day for young people.
- Reduce traffic and air pollution around the school.
- Work alongside the Cycle Friendly School initiative.

How does it work?

'Beat Boxes' will be positioned around the whole of East Renfrewshire including one outside your school. We know that during the Covid pandemic, many schools are changing the way pupils, staff and parents enter the site or gather near entrances and may be completing risk assessments around this. Please contact Programme Manager Val Caldwell on 07384544374 if you need any help or would like to discuss the location of the Beat Box nearest your school.

Players receive a card or fob which they hover next to the contactless tap sign on the Beat Boxes as they walk, cycle, wheel or scoot around the area, earning points for themselves and their team. Players can view their progress online at <https://www.beatthestreet.me/eastrenfrewshire/>, which will be updated and live soon. The website also contains the latest Covid safe guidance.

There will be prizes for winning schools and teams, as well as plenty of lucky spot prizes, which could be won by any registered player taking part in the game.

What will taking part mean for your school?

We will be providing your school with all the materials you will need to play the game including fobs for all pupils, cards for parents/staff and nursery children and maps detailing where boxes can be found. We will drop these materials off at your school prior to the project starting on the September 16.

Throughout Beat the Street, and after the game, we will be able to provide support tailored to meet the needs of your school. The personalised support allows us to shape a programme to develop and improve active travel, air quality and physical activity levels for your school.

Please reply to this email to confirm your school's participation and receive an assembly video presentation which explains to children how the game works.

Kind regards,