**National Walk to School Week**

**5th – 9th October**

National Walk to School Week is aimed at primary schools across Scotland and is a fun and engaging week-long way of raising awareness and celebrating walking for all. Pupils will be well on their way to reaching their recommended 60 minutes minimum of physical activity per day before even reaching the school gates! Not only will it set them up for a positive day in the classroom, it will also help create healthy habits for life. It is also a great opportunity to reduce the congestion around school gates and on busy roads.

As always NL Active schools are keen to promote and support anything that can improve the opportunity for North Lanarkshire residents to be physically active and would like your help to raise awareness of this national initiative.

**What to Do**

We are asking all schools to encourage their pupils to walk to school by posting the attachments on their Glow page for parents to use.

The attachment is a rainbow which can be downloaded and coloured in either at school or at home.

For each day that the child walks to school or walks for at least 15 mins they can colour in that day on the rainbow e.g. if a pupil walks to school on a Monday they can colour in the red arch on the rainbow.

We would like parents to take pictures of their children on their walk to school and post these on social media using the #NLWalktoSchoolWeek and remembering to tag in their school and also @NLActiveSchools. Tagging in Active Schools and their own school is important as there will be a prize for the most engaged school along with other spot prizes for creativity.

We are asking pupils to find something on their walk to school that is of the colour relating to that day. e.g on Tuesday the pupil must find something orange and have their picture taken with the object. Pictures to be added to social media.

Teachers could also support this tweeting pics of pupils with their completed rainbows or of objects they have found.

More info on the National Walk to School week can be found at [www.livingstreets.org.uk](https://www.livingstreets.org.uk/products-and-services/projects/walk-to-school-week?gclid=EAIaIQobChMI0JfYpLXw6wIVhOntCh0dwAXfEAAYASAAEgIhaPD_BwE) and additional resource packs can be purchased from here if you wish.

Please contact your Active Schools Coordinator if you would like any further information and please speak to them about setting up a ‘Walking Bus’ to facilitate greater numbers of pupils walking to school. We would love to hear from you and work with your school to develop a long term and sustainable active travel plan.