



Dear Parents/Carers of Primary 7,

Get set... we're taking part in Sustrans Big Walk and Wheel 2022 (the new name for Big Pedal), the UK's largest inter-school cycling, walking, wheeling and scooting challenge.

The challenge runs from 21 March to 1 April. It's free and we would love everyone in the class to be involved.

What do you need to do?

Encourage your child(ren) to walk, park n stride, scoot or cycle to school on as many days as possible during the event. Even if it is one day – it makes a difference!

Why we are taking part...

Sustrans 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. Through the work of the Travel Plan Committee, our children know that active travel is the best way to bring down these pollution levels.

Plus, your child's teachers will provide a special morning snack for the children for making an effort to travel to school in a more active way.

Useful resources

To help you prepare, Sustrans has developed a handy free guide packed with advice, games and challenges to help you have hassle-free cycle, walk or scoot to school.

Download your free family guide using this link:

<https://www.sustrans.org.uk/sign-up-to-receive-your-free-family-guide/>

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

Enjoy the challenge!

Best wishes

Mrs McAlaney and Mrs McVicker