



Dear Parents and Carers,

Our school is taking part in Walk to School Week (28th June – 2nd July). The nationwide event is organised by walking charity Living Streets and designed to help pupils experience first-hand the importance of walking to school. Children 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, but it will also help create healthy habits for life.

Each pupil will be challenged to travel sustainably (walk, wheel, scoot, cycle or Park and Stride) to school every day for one week using wallcharts and stickers to log their journeys. Each class will work collectively to make as many active journeys to school as possible across the week. The class which makes the most active journeys to school within the week will receive a certificate, naming them Keston's very own Walking Superheroes!

What do I need to do as a parent/carer? We would ask, if possible, to make arrangements so that your child/children can travel actively to school on w/c 28th June, helping our school reduce congestion and pollution around the school streets. Walking, wheeling, scooting and cycling all count! If you live far away from school and need to drive or take public transport, remember to use our 5-Minute Walking Bubble to keep your journey active.

Thank you in advance for your cooperation,

Miss Nice and the Keston Travel Team