



Bloxwich Academy
'Be The Best You Can Be'



Dear Parent/Carer,

From Monday 20th May our school is taking part in Walk to School Week (20-24 May). 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 minimum 60 minutes of physical activity per day before even reaching the school gates!

This year's challenge, The Magic of Walking, encourages children to travel actively to school every day of the week. Meeting various magical beings along the way, they'll learn about the important reasons to walk and the difference it can make for individuals, communities and the planet! Each pupil will be challenged to travel sustainably (walk, wheel, scoot, cycle or Park and Stride) all count and we ask if possible, to make arrangements so that your child/children can travel actively to school for this week.

What are the benefits of walking to school?

Walking has many benefits from physical to mental wellbeing. Children arrive refreshed, healthy and set up for success both in and out of the classroom. More families walking means fewer cars on the road, helping to reduce congestion and pollution in and around our school gates.

What if we can't walk to school?

If you live too far away or don't have time to walk the whole way to school, you can park and stride to school. Simply park or hop off public transport 10 minutes away from the school and walk the remaining journey.

Your journey

Why not make your journey more exciting by playing games such as I-spy, using your senses to smell touch and see all the wonderful things you come across on your way into school? Why not remember your favourite thing and let your teacher know when you arrive? On the reverse of this letter there is a scavenger hunt – how many items can you tick off?

We look forward to seeing everyone enjoy their walk to school.

Thank you for supporting walk to school week 2024

Yours sincerely,

Ms. S. Shepherd
Headteacher



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HealthySchools
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