



Dear Parents / Carers,

Through our work to gain 'Eco-School' status and to maintain our Healthy School Status, Whitnash Primary School will be holding a 'Green Day' on Tuesday 13<sup>th</sup> July.

As part of this, we will be promoting a Walk to School Week during the week beginning 12<sup>th</sup> July 2010.

This is a national campaign which we have chosen to be involved with because we believe that walking all or part of the journey to school is a great way for children to get fit, healthy and active, and that fitting exercise into the school run can increase your child's concentration once they arrive for their lessons.

The benefits of walking more are enormous - not only can it ease congestion around the school gates, but in a recent survey by Living Streets 90% of parents cited walking to school as a key time to talk with their children, with over a third stating that the journey to school is where they find out the most about their child's life.

Of course, we understand that it might not be realistic for everyone to walk the whole way, but why not park the car further away from the school gates and walk or cycle the last bit of the journey together?

To celebrate walking to school week we will be participating in activities about reducing carbon emissions on Green Day. Also each class will be given a chart to record how many of us manage to cycle or walk a significant part or all of the way to and from school. Certificates will be given to the most active!

We hope that you will be able to support us and your child in this initiative and help the children at Whitnash Primary become more active.

For more information and for tips and advice about walking more, please visit [www.walktoschool.org.uk](http://www.walktoschool.org.uk).

Many Thanks.