



15th March 2022

Dear Parents and Carers,

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 21st March to 1st April. It's free and we would love everyone to be involved.

What do you need to do?

Encourage your child(ren) to walk, scoot or cycle to school on as many days as possible during the event.

Remember the Amazing Me non-uniform day (No Car Day!) on Friday 1st April 2022.

Including everyone

We want to make sure that everyone can get involved in Sustrans Big Walk and Wheel.

We know there may be things which make it more difficult for some pupils to take part than others. Even if you live further afield from the school we encourage everyone to park and stride as much as possible for the 2 weeks!

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. [A 2021 YouGov study](#) showed nearly half of UK children worry about air pollution near their school. And that children thought active travel was the best away to bring down these pollution levels. Plus there are some great prizes to be won every day if we get enough children taking part!

Amazing Me Day

On Friday 1st April 2022 we'd love our pupils to wear non-uniform and have a 'No Car Day'. On this day we will close our school car park for the Year 5's for one day and encourage park and stride, walking, scootering or cycling to and from school.

We want to celebrate how amazing the children have been - taking part in Sustrans Big Walk and Wheel and learning about the amazing benefits of active travel.

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

Mr Tofallis
Head Teacher
Ashmole Primary School

The Big Walk and Wheel is a Sustrans project. Sustrans is the charity making it easier for people to walk and cycle. Join us on our journey. www.sustrans.org.uk

Headline sponsor



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