



13<sup>th</sup> April 2021

Dear Parents and Carers,

Get set... we're taking part in Sustrans Big Pedal 2021, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 19 April to 30 April. It's free and we would love everyone to be involved.

### **What do you need to do?**

Encourage your child(ren) to take active journeys to school on as many days as possible during the event, and join them on their way. Remember the Amazing Me non-uniform day and £1 donation on Friday 30<sup>th</sup> April. On this day everyone can wear sports clothes and bring their bikes and scooters in. We will have a fun day of cycling and scooting around the school with Mr Tofallis and Mr Constantinou. Please remember your bike helmets too.

### **Why we are taking part**

Sustrans Big Pedal is a great way to get children active, which is important for physical health and mental wellbeing. Active school runs also help to reduce congestion and air pollution outside the school gate. Covid-19 has made active travel to school even more important. The Department for Education have said encouraging active travel to school helps "to enable pupils to be physically active while encouraging physical distancing." Plus there are some great prizes to be won every day if we get enough children taking part!

### **Cycle, walk, scoot and snap to win family prizes**

You and your family can also win prizes during Sustrans Big Pedal. Simply post a photo of you and your child(ren) cycling, walking, wheeling or scooting to school on social media during the challenge using #BigPedalWin.

To be in with a chance of winning, you'll need to follow Sustrans on Instagram [instagram.com/sustrans](https://www.instagram.com/sustrans), Twitter [twitter.com/sustrans](https://twitter.com/sustrans) or Facebook [facebook.com/Sustrans](https://www.facebook.com/Sustrans).

Be sure to check the terms and conditions found on the Big Pedal website prior to entering the competition.

### **Amazing Me Fundraising Day**

On Friday 30 April we'd love our pupils to wear non-uniform. We will also be fundraising for Sustrans and our schools active travel project so please bring in a £1 donation.



The Big Pedal is a Sustrans project. Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute. Join us on our journey. [www.sustrans.org.uk](https://www.sustrans.org.uk)

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

### **The Big Pedal is For Everyone**

We want to make sure that everyone can get involved Sustrans Big Pedal.

### **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/>

Please use the below link for tips on staying safe on the school run:

<https://www.sustrans.org.uk/our-blog/get-active/2020/everyday-walking-and-cycling/how-to-stay-safe-on-the-school-run-during-lockdown/>.

For more information about the event go to [www.bigpedal.org.uk](http://www.bigpedal.org.uk). Enjoy the challenge!

Best wishes.

Mr Tofallis

Head Teacher  
Ashmole Primary School