



# *St Mary's Catholic Primary School*

*Headteacher: Mrs Helen Armstrong  
Diocese of Plymouth*

17<sup>th</sup> May 2018

Dear Parents and Carers,

'Walk to School Week' is a chance to celebrate the health and social benefits that walking, scooting and cycling to school can bring. In addition to reducing congestion around a school it enables children to benefit from increased opportunities to exercise and time to talk with their parents and friends.

We are encouraging the children to walk to school with their families as much as possible during 'Walk to School Week'. However, we understand that some of you live further away from the school than others, so we are asking you to 'Park and Stride.' Perhaps you could park further away from the school and then walk the rest of the way.

As we are not in school next Friday, due to the INSET day, we are starting our 'Walk to School Week' tomorrow. Your child will come home today with a Walking Roots diary which has an activity for your child to complete as they walk to school.

We are also taking part in a competition being run by Poole Council. The school which has the highest percentage of children walking to school will win the prestigious golden boot trophy. This will be presented by the Mayor. The winning class in every participating school will also receive Strider badges and certificates to celebrate their achievement.

Yours faithfully,

*D Thain*

Mrs D. Thain  
Healthy Schools Leader