

Dear Parents/Carers,

Get set… we're taking part in Sustrans Big Walk and Wheel 2023 the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from **20-31 March.** It's free and we would love everyone to be involved.

What do you need to do?

Encourage your child(ren) to walk, use a wheelchair, scoot or cycle to school on as many days as possible during the event. We'll be competing against other schools in Telford & Wrekin and right across the UK and if we clock up the most bike and scooter journeys we'll win!

Including everyone

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

We know it may be more difficult for some pupils to take part than others. If you want to discuss more about your child(ren)'s specific needs, please contact school office and we will make sure to look into how your child(ren) can take part..

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. Plus there are some great prizes to be won every day if we get enough children taking part!

Useful resources

To help you prepare, Sustrans has developed a handy free guide to walking, cycling or scooting to school. It is packed with advice to help you have hassle-free journey to school. To download your family pack or for more information about the event go to www.bigwalkandwheel.org.uk . Enjoy the challenge!

Best wishes

Ladygrove Primary School