



Dear Parents/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 21 March to 1 April. 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.

### **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!

### **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](http://www.bigwalkandwheel.org.uk). Enjoy the challenge!

Best wishes

Mrs Thomas and The School Ambassadors