



Thursday 16th March 2023

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, scoot or cycle to school on as many days as possible during the event.

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 Miss Moran 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. It inspires pupils to make active journeys to school, improve air quality in their neighbourhood and discover how these changes benefit their world. On each day of the challenge, schools compete to see who can get the highest percentage of their pupils walking, using a wheelchair, scooting or cycling to school. The school's best five days will determine our final position.

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!

For more information about the event go to www.bigwalkandwheel.org.uk . Enjoy the challenge!

Kind regards

Miss Moran & Derrychrin PS ECO School Team



Email: info@derrychrin.cookstown.ni.sch.uk **Website:** www.derrychrinps.org **Twitter:** @DerrychrinPS