



Houghton Conquest  
Lower School  
Growing together

17<sup>th</sup> March 2022

Dear Parents/Carers

### **Big Walk and Wheel at Houghton Conquest Lower School and Pre-School**

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.

#### **Including everyone**

We want to make sure that everyone can get involved in Sustrans Big Walk and Wheel. We know there may be things which make it 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 your class teacher and we will make sure that there is a way for your child to take part.

If you have to come to school by car perhaps you could park just that bit further away from the school and walk just that bit further.

#### **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 for the school if we get enough children taking part! Class teachers will record each morning how many children in their class take part each day.**

#### **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!

Kind regards

*J Hetherington*

Mr J Hetherington  
**Class Teacher**

The Big Walk and Wheel is a Sustrans project. Sustrans is the charity making it easier for people to walk and cycle. Join us on our journey. [www.sustrans.org.uk](http://www.sustrans.org.uk)

Headline sponsor



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