



14th September 2018

Living Streets' Walk to School Campaign

Dear Parents,

We are pleased to inform you that that Rudston Primary School is continuing with the Living Streets' Walk to School campaign during the 2018/2019 academic year.

As a school we will be taking part in WOW (Walk Once a Week), the year-round walk to school challenge. Pupils will log their daily journeys to school each day on the WOW Travel Tracker, to earn their themed WOW badges each month. In order for the children to earn their WOW badge, they must commute to school at least 4 times within a month, by either walking, cycling or scooting.

Starting on **Wednesday 19th September 2018**, we will be introducing a **well-being walk**, where families can meet and join staff on their walk to school (See attached poster for more details.)

What if we can't walk to school?

If you live too far away or don't have time to walk the whole way to school, you can park and stride and it still counts as an active journey. Park, or hop off public transport, at least ten minutes away from the school and walk the rest of the way.

Why walk to school?

Walking to school helps children feel happier, healthier and even do better in class because they arrive fit, refreshed and ready to learn. More families walking means fewer cars on the roads during the school run, helping reduce congestion and pollution at the school gates.

The WOW badges, all of which are designed by pupils in the Living Streets annual badge design competition, are made in the UK from recycled yogurt-pot material. They badges can be brought to life by the Living Streets reality app which you can download for free via the App Store, Google Play and Amazon. To find out more visit:

www.livingstreets.org.uk/wtsapp





Rudston
Primary School



If you have any questions about the programme, please contact Miss Smith or for more information visit: www.livingstreets.org.uk/walktoschool.



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