



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 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, 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 due to the fact that you live further away and need to drive to school, but if this is the case then we ask that instead of parking along the road by the school you park a bit further away and walk, scoot or cycle from there.

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 way to bring down these pollution levels.

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/>

Hope your child(ren) and the family enjoy the challenge!