

Dear parent/carer,

Herrick Primary School has chosen to be part of an exciting behaviour-change initiative to encourage more children and their families to walk to school. **WOW – the walk to school challenge** is delivered by Living Streets, the UK charity for everyday walking, to help as many children as possible experience the benefits of walking to school.

The pupil-led challenge enables children to self-report how they get to school every day. If they travel actively (walk/wheel, cycle, scooter or Park and Stride) at least once a week for a month, they get rewarded with a badge. It's that simple!

### What are the benefits of walking to school?

- Children feel happier and healthier
- They arrive to school refreshed, healthy, and ready to learn
- A reduction in congestion and pollution at the school gates

### What if we can't walk to school?

Park and Stride to help your child earn their WOW badge. You can park or hop off public transport at **least ten minutes away** from the school and walk the remaining journey.

### What is a WOW badge?

There are 11 badges to be earned from September 2022 – July 2023. Each badge has been designed by a pupil from across the UK as part of our annual WOW Badge Design Competition. A new badge can be earned every month if you walk/wheel, cycle, scooter or Park and Stride at least once a week.

Pupils will be taking part in a *Walk through Time*, earning badges while learning about key historic moments ranging from prehistoric creatures to ancient societies, to important moments and great journeys that changed the world.

The badges are made in Cornwall from recycled plastic material that was otherwise destined for landfill, including fridge trays, plastic plates and yoghurt pot off-cuts. For more information, visit: [livingstreets.org.uk/recycling](http://livingstreets.org.uk/recycling)

In the UK, over 1,500 schools are enjoying the benefits of walking to school with WOW. Will you join us? more information and useful videos at: [livingstreets.org.uk/wowlaunch](http://livingstreets.org.uk/wowlaunch)

Today your child will be bringing home a leaflet showing ways they can travel to Herrick other than by car.

On the back of the leaflet there is a map where you can find your house and it will show how long it would take you to walk/cycle/scoot.



Travel to...

# HERRICK PRIMARY SCHOOL



Walking to school has many great benefits!

- Children who walk and cycle to school arrive alert and ready to learn
- Walking or cycling to school helps children achieve the one hour of exercise a day they need – and it helps you stay healthy too
- Regular walking helps to build strong, healthy muscles and bones
- Travelling actively to school develops children's road safety skills, preparing them for independent travel in teenage years
- Walking to school is the perfect time to connect and spend time with your family
- More people walking means fewer cars on the roads, which means cleaner air and less traffic and congestion



If you travel to school

by bus, why not get off the bus one or two stops earlier and fit more walking into your day?



If you have to travel to school by car, why not try to Park & Stride? Parking a little further away from school allows you to get a walk in, as well as creating safer streets outside your school.

To plan your journey and find out more about active travel in Leicester, visit our website:

[www.choosehowyoumove.co.uk](http://www.choosehowyoumove.co.uk)











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# KEY

-  Crossings
-  Local bus stop
-  10 mins walk zone
-  15 mins walk zone
-  20 mins walk zone
-  Park
-  Footpath
-  Outdoor Gym

# MY HOUSE



Mark your house onto the map and see how long it would take you to walk to school!

You can use this map to help you plan safe and active journeys to and from school. Walking and cycling are free and easy ways to stay fit and healthy!

64% of Leicester's children already enjoy walking to school

It takes around 20 minutes to walk a mile

On average, it takes about 10 minutes to walk 1,000 steps

