



Dear parents/carers,

Next week (16th – 20th May), we will be participating in the 'Walk to School Week' challenge from Living Streets.

This fun and engaging week-long activity enables pupils to experience first-hand the importance of walking to school. Through completing this challenge, children will be well on their way to increasing and improving their levels of physical activity before even reaching the school gates!



This year's theme, #PowerUp, will take the children through 5 video game inspired levels, encouraging them to travel sustainably to school every day of the week. Each day will see a level unlocked and a new mission to complete, through which the children will discover the incredible benefits of walking for individuals, communities and the planet. In the process, they'll learn about the social, road safety, health and environmental benefits of walking and will be encouraged to change their travel habits for life.

Each day, children who walk at least part of the way to school will receive a sticker and will add their score to the class total. The children will also receive an activity booklet to complete each day within school.

#### Ways that families can participate:

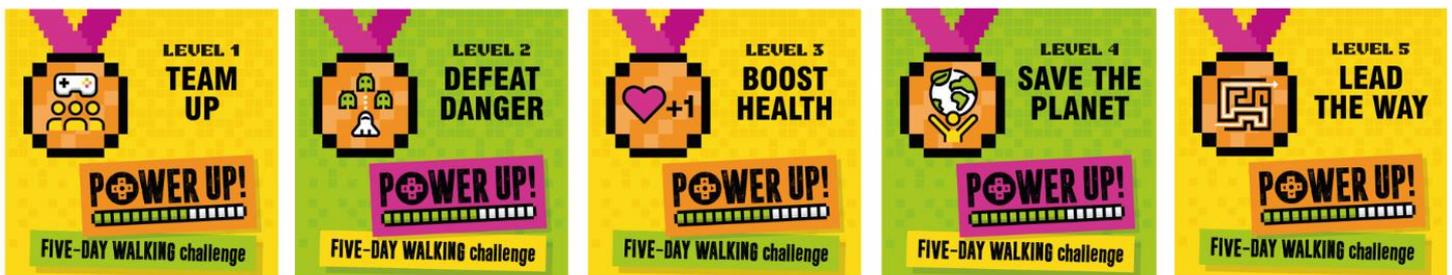
- **Walking all of the way to and/or from school.**
- **Park & Stride: Choosing to park a little bit further away from the school gates and walking the rest of the way.**
- **Hopping off the bus at least one stop earlier than usual and walking the rest of the way.**

Parking even a little further away from the school gates reduces congestion and air pollution and also improves road safety. The children can walk the last few minutes into school with friends and family, and still earn a sticker each day.

Thank you for your continued support.

Mrs Plant

Assistant Headteacher



Email: [info@st-james.dudley.sch.uk](mailto:info@st-james.dudley.sch.uk) Website: [www.st-james.dudley.sch.uk](http://www.st-james.dudley.sch.uk)