



Millbrook Junior School

Churchill Way, Kettering, Northamptonshire, NN15 5DP
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Headteacher: Mrs Danielle Warren



11th May 2023

Dear Parent/Carers,

Our school is taking part in Walk to School Week. We will be holding it during the week beginning 15th May 2023. This event is organised by walking charity Living Streets and designed to help pupils experience first-hand the importance of walking to school. Children will be well on their way to reaching their recommended 60 minutes minimum of physical activity per day before even reaching the school gates! Not only will it set them up for a positive day in the classroom, but it will also help create healthy habits for life.

This year's theme is Walk with Wildlife. It encourages the children to travel actively to school every day of the week. Meeting various animals along the way, they'll learn about the important reasons to walk and the difference it can make for individuals, communities and the planet!

Each pupil will be challenged to travel sustainably (walk, wheel, scoot, cycle or 'Park and Stride') to school every day for one week using wallchart and stickers to log their journeys. Each class will work collectively to make as many active journeys to school as possible across the week. Individual activity diaries, daily stickers and end of week pupil rewards will complement this activity, reinforcing the benefits and keeping children engaged.

What do I need to do as a parent/carer? We would ask, if possible, that your child/children can travel actively to school on w/c 15th May, helping our school reduce congestion and pollution around the school gates. In return, your child will earn special stickers.

Walking, wheeling, scooting and cycling all count! If you live far away from school and need to drive or take public transport, try 'Park and Stride', parking the car or hopping off the bus ten minutes away and walking the rest of the journey.

Thank you in advance for your cooperation.

Mrs Green

Assistant Head and PSHE lead



Dream, Believe, Aspire, Achieve



