Friday 12th October 2018

**Dear Parent / Guardian**

We are delighted to be holding another **FEET FIRST FAMILIES** dayon **Friday 19th October 2018,** after lots of positive feedback on our first event last Spring.

**FEET FIRST FAMILIES** is an initiative to support our pupils to walk, scoot or cycle to school on a regular basis and to encourage other members of the family to get involved too.

Pupils will be given a sheet of stamp strips which they can mark off each day that they make an active journey to school.

There are 6 spaces on each strip, 5 for school days and 1 for the weekend. We would love you as a parent or guardian to complete the weekend option with your child by going for a walk, cycle or scoot with them – maybe the whole family could participate?

Once the strip of 6 is complete, simply place it in the **FEET FIRST FAMILIES BOX** in the school reception to be in with a chance of receiving a weekly prize.

As part of the FEET FIRST FAMILIES launch day on the **19th of October**, we are encouraging as many pupils and their families as possible to walk, cycle or scoot to school on that day.

A Walking Bus will leave from Ballymena North @ 8.30 am and again at 8.45 am. We hope that lots of you will join us.

When you arrive at school, you will find that the car-free car park is set up with fun activities for the children.

Please get involved and show us what you are doing by using the hashtag #feetfirstfamilies on social media.

Many thanks for all your support

Christina Carey (Active Travel Champion)

**\*\* If you are unable to walk, scoot or cycle the whole journey from home, please consider a ‘Park n Stride’ option where you are encouraged to drive part of the journey to school. Find a safe and suitable place to park up, meet friends and walk the final part of the journey (at least 7-10 mins away) – you may find this more relaxing than sitting in traffic \*\***