Dear Parents/Carers,

Get set… we’re taking part in Sustrans Big Pedal 2021, the UK’s largest inter-school Active travel challenge. The challenge runs from 19 April to 30 April. It’s free and we would love everyone to be involved and win lots of lovely prizes for our school.

**What do you need to do?**

Encourage your child(ren) to take active journeys to school on as many days as possible during the event, and join them on their way. This can be by walking, scooting, cycling or wheeling their way to school.

**Why we are taking part**

Sustrans Big Pedal is a great way to get children active, which is important for physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate.

Covid-19 has made active travel to school is even more important. The Department for Education have said encouraging active travel to school helps “to enable pupils to be physically active while encouraging physical distancing.”

Plus there are some amazing prizes to be won every day if we get enough children taking part!!!

**Cycle, walk, scoot and snap to win family prizes**

You and your family can also win prizes during Sustrans Big Pedal. Simply post a photo of you and your child(ren) cycling, walking, wheeling or scooting to school on social media during the challenge using #BigPedalWin.

To be in with a chance of winning, you’ll need to follow Sustrans on Instagram [instagram.com/sustrans](http://www.instagram.com/sustrans), Twitter [twitter.com/sustrans](https://twitter.com/sustrans) or Facebook [facebook.com/Sustrans](http://www.facebook.com/Sustrans).

Be sure to check the terms and conditions found on the Big Pedal website prior to entering the competition.

**Amazing Me Non-uniform Day**

On Friday 30 April we’d love our pupils to wear non-uniform.

We want to celebrate how amazing the children have been- taking part in Sustrans Big Pedal and indeed all of our other recent challenges whilst learning about the amazing benefits of active travel.

**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/>

Please use the below link for tips on staying safe on the school run during lockdown: [https://www.sustrans.org.uk/our-blog/get-active/2020/everyday-walking-and-cycling/how-to-stay-safe-on-the-school-run-during-lockdown/.](https://www.sustrans.org.uk/our-blog/get-active/2020/everyday-walking-and-cycling/how-to-stay-safe-on-the-school-run-during-lockdown/)

For more information about the event go to www.bigpedal.org.uk. Enjoy the challenge!

We hope you have fun keeping active,

Kind regards and many thanks, Mrs E Horan (Active travel co-ordinator).