



Dear parents/carers

Next week is National Walk to School Week, this is a country-wide celebration of walking and the positive benefits that it provides. We would love the children at Eastlea to join in with the other 400,000 children across the country and take part in this fantastic fun themed challenge.

There are many really good reasons to walk to school.

- It is healthier to walk to school
- A healthy body makes a happier mind
- There would be fewer cars at the gate. It often gets very busy with all the cars.
- Less cars means less fumes and pollution.
- It also gives us more time with our family and friends.

Next week we would like as many of the children as possible to **walk** to school. Every day that they do this, they will be given a sticker. The sticker will be stuck on a wall chart in their classroom. They will also be given an activity diary with lots of fun ideas that could be filled in on the way to or from school. If they return this to school next Friday, we will be running a competition and choosing winners from every class.

We know that some children cannot walk to school as it is too far. What you could maybe try is something called - Park and Stride. We have arranged for Eastlea parents to use the car park at the Church of the Nazarene. (Please call in at the office for a permit) For any children that cannot walk then the teachers will give the children the chance to walk around the school field every day so they too can gain their stickers and badges.

As a reward for walking every day, next Friday everyone that has completed the challenge will be given a great badge to take home.

Thank you

Brainwaves.