



THE CONSORTIUM  
ACADEMY TRUST

4 March 2024

**Primary – Activity Challenge**



**THE  
HESSLE  
ACADEMY**

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Dear Parent/Carer

Get set... we're taking part in Sustrans Big Walk and Wheel 2024 the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 11-22 March. It's free and we would love everyone to be involved.

**What do you need to do?**

Encourage your child(ren) to walk, use a wheelchair, scoot or cycle to school on as many days as possible during the event.

**Including everyone!**

We want to make sure that everyone can get involved.

**Why we are taking part**

Sustrans Big Walk and Wheel is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate. A 2021 YouGov study showed nearly half of UK children worry about air pollution near their school and that children thought active travel was the best way to bring down these pollution levels. Plus, there are some great prizes to be won every day if we get enough children taking part!

**Useful resources**

To help you prepare, Sustrans has developed a free handy guide to walking, cycling or scooting to school. It is packed with advice to help you have a hassle-free journey to school.

You can download your free family guide using via <https://www.sustrans.org.uk/sign-up-to-receive-your-free-school-run-guide/>. For more information about the event go to [www.bigwalkandwheel.org.uk](http://www.bigwalkandwheel.org.uk). Enjoy the challenge!

Yours faithfully

Mrs M Preston  
Head of School