



Dear Parents/Carers,

Get set... we're taking part in **Sustrans Big Pedal 2021**, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from **19 April to 30 April**. It's free and we would love everyone to be involved.

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.

As part of the event, we will be holding an 'Amazing Me' non-uniform day and **£1 donation** on **Friday 23rd April** (more details below).

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 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 great 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](https://www.instagram.com/sustrans), Twitter twitter.com/sustrans or Facebook [facebook.com/Sustrans](https://www.facebook.com/Sustrans).

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



The Big Pedal is a Sustrans project. Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute. Join us on our journey. www.sustrans.org.uk

Amazing Me Fundraising Day

On Friday 23rd April we'd love our pupils to wear non-uniform. The £1 donation will be used to fundraise for Sustrans and it will allow us to provide resources and equipment for future active travel events in our school.

We want to celebrate how amazing the children have been - taking part in Sustrans Big Pedal and learning about the amazing benefits of active travel.

It would be great if children could wear a kind of bright clothing, which is key to being seen when completing active travel!

Please send the £1 donation in with your child(ren) before Friday 23rd April. Thank you for your support and we hope you are enjoying the Big Pedal!

The Big Pedal is For Everyone

We want to make sure that everyone can get involved in the Sustrans Big Pedal.

The school is happy to provide all pupils who are taking part with a hi-vis jacket for the duration of the event.

We understand some pupils may choose to cycle. Please ensure your child wears a helmet and their bike is in good condition before they begin their journey to school. We will have a wheel pump at school and we have also installed some bike racks for children to store their bikes during the day. Bike inspections will also be carried out and children will be shown some tips on how to look after/repair their bikes. We encourage parents to cycle with or walk alongside their children, especially if they are in classes P1-P4. If a bike is deemed to be faulty in school or if a child does not have a helmet, they will not be permitted to leave the school grounds at the end of the day and a parent will need to collect them.

Morning Walking Group (P3-P7 only)

There is also going to be a supervised walking group consisting of pupils and staff taking part in the event. The group will depart Castle Park carpark at 08:40 sharp, every morning during the event. Staff and supervisors will be at the Centre from 8:30. Please ensure you stick to social distancing guidelines when dropping your child(ren) off.

Pupil interest will be gauged from the 12th-16th of April. This will allow for supervision organisation prior to the event. Pupil interest will also be monitored during the two week period as some pupils may wish to take part at a later stage.

If it is the case, someone is found to be putting themselves or others at risk when in the walking group, they will be removed from the group and will play no further part in the event.

This is a morning event only and is only open for those who intend to walk (no bikes).

A date is being planned for P1/2 classes to hold their own walking group. Details to follow later in the event.

Other

Understandably, it may not be possible for some children to take part in the event due to various constraints. Don't worry, your children will still learn a lot about active travel through activities carried out and information provided in school.

Please keep an eye out for signage on the school gates and around the town!

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/>.

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

Best wishes

Mr P Foy