



# St. John the Evangelist Catholic Academy

"Lord be thy word my rule."

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Wednesday 4th September 2024

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Dear Parents/Carers,

St John's has chosen to part of an exciting initiative to encourage more children and their families to walk to school. **WOW – the walk to school challenge** is delivered by Living Streets, the UK charity for everyday walking, to help as many children as possible to experience the benefits of walking to school.

We are hoping to encourage more children and their families to be active when travelling to school. We know how important being active is to both our physical and mental health, so this is an exciting challenge.

WOW is a pupil-led initiative where the children can self-report how they get to school every day. If your child walks, cycles, scoots, park and stride at least twice a week, for a month, they get rewarded with a badge.

Walking to school helps children to feel happier and healthier and they arrive feeling refreshed, fit and ready to learn. More families walking also means fewer cars on the road during the school run, helping to reduce congestion.

If you live too far away or don't have time to walk the whole way to school, you can 'park and stride'. This means parking or getting off public transport at least **five** minutes away from the school and walking the rest of the way.

Let's swap those school runs for school walks!

If you have any questions, please speak to the office or find more information and useful videos at [livingstreets.org.uk/wowlaunch](http://livingstreets.org.uk/wowlaunch)

Yours sincerely,

Mrs Walklet  
Academy Manager

