



Monday, 20th May 2019

Dear Parent/Guardian,

FEET FIRST 2019/20 – WALK, CYCLE OR SCOOT ONCE A WEEK

Our school has decided to take part in Feet First organised and run by Cumbria County Council's Active Travel team. The initiative, which has just been running for three years, builds on the success of WOW (Walk or Wheel Once a Week) that ran successfully for more than 10 years.

We aim to improve the health and fitness of our youngsters and reduce congestion and the hazard of traffic outside school. We hope that our children will enjoy taking part in Feet First as well as picking up road safety skills and that they will be encouraged to think about the environmental and health benefits of walking, cycling or scooting to school. If your child has to travel a long distance by car – why not park remotely from the school and walk, cycle or scoot the rest of the way (Park & Stride/Ride/Glide).

If your child travels to school by school bus or car share they can also take part in Feet First.

Your child will receive a Puzzle Book to be kept either at school or taken home. If they manage to travel to and from school by walking, cycling or scooting at least once a week every term they will receive an exciting badge - there are 3 to collect until the scheme ends in July 2020. This year the theme is 'Our Planet'.

JOIN IN WITH THOUSANDS OF OTHER CUMBRIAN CHILDREN COMMITTED TO FEET FIRST.

If your child/children would like to take part in Feet First 2019-20 – Please fill in the form below and return it to school by the deadline 10th July 2019 and they will be included.

Yours sincerely,

E Sharp

Headteacher.

My child/children would like to join the FEET FIRST Scheme 2019/20



NAME OF CHILD/CHILDREN	
YEAR(S)	
CLASS(ES)	
NAME OF PARENT/GUARDIAN (PRINT)	
SIGNED	

I would be interested in helping the school with travel issues, eg walking bus, car share, cycle training, pedestrian training, health promotion etc.

YES/NO

Walk, cycle or scoot

Your drawing could be included in the puzzle books which will be given to every school pupil in Cumbria taking part in Feet First, which encourages children to get out of the car and walk, cycle, scoot or travel in other active ways.

You need to...

Your teacher will give you a piece of paper. Keeping within the border, draw a picture of something to do with how you travel to school or how you would like to travel to school.



Write the following at the top of your paper:

Name:

School:

Age:

Year group:

What should I draw?

You can draw anything to do with walking, cycling or scooting to school. You can include who goes with you, such as your friends, your mum, dad, nanna, grandad, your dog? Draw your favourite things - do you like to skip and jump, ride through puddles If you have to go to school in the car or bus, draw how you would like to travel to school.

What colours can I use?

You can use any colours you like. You can use felt tips, crayons, or coloured pencils. Do not use chalk or charcoal or paints that can smudge.

When is the competition?

The drawing must be with your teacher before **Wednesday 5 June**. **Winners will be told in July.**

Are there prizes?

Yes – there will be one winner and two runners up and their drawings will be included in the puzzle books which are given to children who take part in Feet First. The winner and runners up will receive drawing and painting or colouring things.

Now hurry - get creating!!

Drawing Template

Name: _____

School: _____

Age: _____

Year group: _____

Please hand in to your teacher

