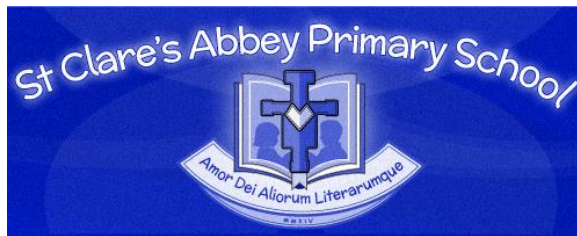


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M.Ed (Educational Management) PQHNI

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Dear Parent or Guardian,

This month is International Walk to School Month.

Walking to school is an ideal way of spending time with your child, saving money and doing your bit for the environment, it is also a brilliant way to get active and healthy. Walking to school is a great opportunity for children to learn vital road safety skills and make sure they're alert and ready to learn at the start of a new day.

How can you and your child take part?

If you usually walk to school, then carry on doing exactly that! If you don't usually walk, it couldn't be easier to give it a go. Perhaps you can walk to school every day for the month, or if not, even just on one day during the week? If you live too far away from school, or you need your car for work, parking a five minute walk away will reduce the congestion just outside school and you'll still get the health benefits while also helping to improve your child's road sense.

Throughout October, St Clare's Abbey will be running a number of competitions that we would love for you and your child to take part in. Why not take part with your child in our **'Walk to School' Poster Competition**? Just assist your child in designing a poster promoting walking to school as a healthy option for travelling and your child could win a prize. Parents, get your creative juices flowing and there will be a winner chosen from each year group.

We would also love if you would take part in our **'School Walk Selfie'** photo appeal. All you have to do is take a 'selfie' on your walk to school with your child and email it to the address at the bottom of this page. These photos will be uploaded to the school website allowing everyone to see how fit and healthy we are in St Clare's Abbey. Closing date for both of these Walk to School events is Tuesday 27th October.

Happy walking!

Mr M Digney

Email: stclaresabbey@gmail.com

