



## South Leicestershire School Sports Partnership

Health | Well-being | School Sport | PE | Physical Activity

South Wigston High School, St Thomas Rd, South Wigston, Leicester. LE18 4TA

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[www.learningsouthleicestershiressp.org.uk](http://www.learningsouthleicestershiressp.org.uk)

### Active Travel Month – October 2023

Dear Parent/Guardian,

Your Primary School has chosen to be involved in the South Leicestershire School Sports Partnership Active Travel to School Project which aims to increase the number of children travelling to school by walking, cycling and scooting. Actively travelling to school has many benefits for your child; It helps keep them fit and healthy, can increase concentration levels in class, helps to develop road safety skills and is fun. Reducing the number of cars around the school will also help to make the area quieter, safer and less congested.

To encourage as many families as possible to actively travel to school, we will be holding a special Active Travel to School Month during October taking place from **Monday 2<sup>nd</sup> October** until **Tuesday 31<sup>st</sup> October**. Each class will record how many pupils have actively travelled to school. The class with the most active travellers will win a trophy and the school with the highest percentage of active travellers throughout October will win an award. Each week in October will be themed towards a different mode of active travel:

Week 1 (WC 2<sup>nd</sup> October) – Cycling Week

Week 2 (WC 9<sup>th</sup> October) – Walking Week

Week 3 (WC 16<sup>th</sup> October) – Half-term Week, explore your local surroundings and green spaces

Week 4 (WC 23<sup>th</sup> October & 30<sup>th</sup>/31<sup>st</sup> October) – Scooter Week

If you aren't able to travel actively all the way from home you can still take part by parking a distance from the school (e.g. 10 minutes away) and walking, cycling or scooting the rest.

#### Are you on Twitter, Instagram or Facebook?

We'd love to see how your family is actively travelling to school during Active Travel Month. Why not get involved with our campaign to commit to a healthy and active lifestyle in 2023. Take a photo, upload it to your profile and tag us, on Twitter, (@Islssp), Instagram (@southleicestershiressp) or Facebook (@learningsouthleicestershiressp). You can also scan the QR code at the bottom of this page to find out more information about Active Travel and similar initiatives.

**Please note: The responsibility for your child cycling, scooting or walking safely to and from school rests with the parent(s)/carer(s). The school has no liability for any consequences of that decision. Parents are advised to take out appropriate insurance cover for bikes/scooters as the school's insurance does not cover loss or damage to bicycles or scooters. Please place scooters and bikes in dedicated cycle and scooter parking areas. We recommend wearing of cycle helmets and high visibility clothing.**

Thank you for supporting active travel.

Yours faithfully,

Sam Shipman  
School Sport Project Officer



### South Leicestershire School Sports Partnership

Supporting South Leicestershire Schools to provide opportunities for all young people

Hussein Khan – Partnership Development Manager |

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