



20th February 2023

Dear Parents and Carers

As a school we are endeavouring to encourage your child to walk more to school. This is to encourage healthier living; walking has been proven to improve not only physical health but mental health as well.

Your child's tutor will be asking your child to carry out research regarding their journey to school. They will need to work out their overall journey time. They should then look at what parts of the journey they could add walking to. For example, they could get off the bus a stop earlier so they use that time to walk the remainder of the journey. If your child lives less than a 30 minute walk away they could just walk the whole journey to school.

We will be trialling this for two weeks from **27th February to 13th March 2023** to see what affect it has on the mood of the children and, with the bonus of increased punctuality to school, the effect on their progress.

I am optimistic that during this period your child will develop good habits that will help them be successful.

Yours faithfully

Mr Dawkins
Associate Assistant Headteacher & Head of Year 10