Dear Parent/Guardian

**FEET FIRST 2018/19 – 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 two 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 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 – Please add something they have to do to qualify, eg walk round the school playfield or the school yard 3 times.

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 2019. This year the theme is ‘The Sea’. Our dedicated Feet First day is a *(insert day)*

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

If your child/children would like to take part in Feet First 2018-19 – Please fill in the form below and return it to school by the deadline (*insert date)* and they will be included. Feet First will start on Monday 29th October 2018.

Yours sincerely

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My child/children would like to join the FEET FIRST Scheme 2018/19 

|  |  |
| --- | --- |
| 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