

RE: Bling Your Journey Competition
[INSERT DATE]

Dear Parent/ Carer

[INSERT SCHOOL NAME] is involved in **the Active Travel to Schools Project** which aims to increase the number of children travelling to school by **walking, cycling and scooting**. Research shows that **active travel to school makes children more alert** and ready to face the school day than if they had arrived in a car: walking, cycling or scooting to school wakes up the mind and body.

Did you know?

- Active travel to school can increase concentration by up to four hours
- 15 minutes of exercise can improve a child's mood
- It is recommend that 5 to 18 year olds do 60 minutes or more of exercise every day
- Almost 20% of children aged 10-11 are obese

To help encourage as many families to actively travel to and from school as possible we will be holding a **Bling your Journey Competition** on **[INSERT DATE]**.

Your child can decorate their bike, scooter or themselves at home and then walk, cycle or scoot to school. As we rapidly head into winter and the days are becoming shorter the theme will be **Winter** with an emphasis on **Be Bright Be Seen**. This will help other pedestrians and road users see your child during the increasingly dull and dark school runs.

All those entering the competition should bring their 'blinged' transport (or selves) to **[INSERT LOCATION to gather/store their bikes/scooters]** before the start of school. Please dismount bikes and scooters at the school gates and push them. Entries will be judged with the winner receiving **[INSERT PRIZE]**.

Please make sure that bikes and scooters are safe to ride and decorations are safe to walk with (e.g. not effecting vision, brakes are working effectively, moving parts unrestricted), this is the parent or carers responsibility.

Thank you for supporting Active Travel. We're look forward to seeing your child's imaginative creations brightening up the school run.

Please note: The responsibility for your child cycling, scooting or walking safely to and from school rests with parents and carers. 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. We encourage the wearing of helmets and hi visibility clothing.

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