



**Guillemont Junior School**  
**Sandy Lane, Farnborough, Hants, GU14 9ES**  
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13<sup>th</sup> September 2011

Dear Parents/Carers,

We are writing to tell you about a very exciting new scheme called 'Walk Once a Week' (WoW) which we'll be running at school from September.

**What is WoW?**

WoW is a walking scheme, run by the national charity Living Streets, which encourages children and their parents/carers to walk to school at least once a week.

**How does it work?**

Children record on a classroom wallchart (or on a postcard) whether they have walked to school that day. At the end of each month, if a child has walked at least once a week, they receive a special collectable pin badge. There is a different badge for each month of the school year. The badges are designed by children in a national competition held each year.

**Why Walk to School?**

The school is taking part in WoW because of the many benefits we believe it will have on the school community. It is one of the easiest ways for children to reach the recommended 60 minutes of exercise each day and walking is also good for children's mental health. Children who walk tend to socialise with friends more and have improved concentration levels. It's free, great for the environment and fun!

Walking together is also the perfect opportunity for children to learn road safety skills and develop an awareness of their local area, preparing them for when they will walk to school independently. It also has a positive impact on the environment and reduces congestion at the school gate.

**What if we can't walk to school?**

Under half of children walk to school and this number is decreasing. There can be lots of factors which make walking difficult, but we've got some solutions:

*We live too far:* If you live a long way from school and have to drive, you can 'Park and Stride'. This means that you drive some of the way, park your car and then walk the final part of your journey to the school gates. Ten minutes walk away for your child would be about right.

*We get public transport:* If you and your child travel by public transport, why not get off one or two stops early?

*I don't have enough time:* Lots of parents are surprised at how quick walking can be, especially when you factor in congestion and waiting for a parking space around school. Why not try it out and see?



*I have to get to work:* If you don't have time to walk with work commitments, why not buddy up with another parent on route to share the walking? There's loads of tips and advice for this online at [www.walktoschool.org.uk](http://www.walktoschool.org.uk)

*Children/parents with special needs/mobility issues:* If you or your child are unable to walk to school, you can still take part. Walking 5 laps around the school playground will be counted to get a badge.

If you have any questions about taking part contact Mrs Burford / Mr Foster or visit [www.walktoschool.org.uk](http://www.walktoschool.org.uk) for more information about walking to school.

We hope you're as excited as we are by this new initiative and feel inspired to start walking to school.

June Burford  
Leading Teacher for Every Child Matters  
& Healthy Schools Manager