

Dear Parents/Carers,

Re: Ealing's 10-day Active Travel Challenge

Our school is participating in a borough wide **10-day Active Travel Challenge** this October **to embed healthy habits around active and sustainable travel to and from school**. Join us by walking, cycling, scooting or Park & Striding to school from **Monday 13th October – Thursday 23rd October**

What is the 10-day Active Travel Challenge?

This October we are participating in Ealing's 10-day Active Travel Challenge, as part of Walk to School Month. We challenge you and your children to actively travel to school across all 10 school days to help increase physical activity, reduce congestion, and improve air quality around the school gates. Participating pupils will be awarded a Terri the Tiger sticker. As part of the autumn Challenge, Ealing Council are running a **Design a Bookmark competition**. Your children will be given the competition entry form at school and these needs to be submitted by **Wednesday 22nd October 2025**. The overall winner will receive a rucksack with some goodies inside and their school will receive a goody bag. The winning bookmark will be used in the 2026 summer Challenge.

What are the benefits of walking, cycling, scooting or Park & Striding to school?

- Actively travelling to school helps children feel **happier** and **healthier**, and they arrive refreshed, fit and ready to learn.
- More families that actively travel to school means fewer cars on the road during the school run, helping to **reduce congestion** and **air pollution**, and **increase road safety** at the school gates.

What if you can't walk all the way to school?

- If you live too far away or do not have time to walk the whole way to school, you can **Park and Stride**. Park or hop off public transport at least ten minutes away from the school and walk the rest of the way.

What can YOU do?

Join us from **Monday 13th October** by walking, cycling, scooting or Park & Striding to school with your child and show your commitment to making a cleaner, greener and less polluted route to school.

Yours faithfully,

Miss Murphy
Eco Schools and Active Travel Leader