



CATALYST

Dilkes Academy

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Dear Parents/Carers,

We have some exciting news for you! We are taking part in Sustrans Big Walk and Wheel, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 24 March- 4 April 2025. It's free to take part and we would love everyone to be involved.

What do you need to do?

Encourage your child(ren) to walk, use a wheelchair, scoot or cycle to school on as many days as possible during the event.

Why we are taking part

Sustrans Big Walk and Wheel is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate. [A 2021 YouGov study](#) showed nearly half of UK children worry about air pollution near their school. And that children thought active travel was the best away to bring down these pollution levels.

Plus, there are some great prizes to be won every day if we get enough children taking part!

Useful resources

To help you prepare, Sustrans has developed a handy free guide to walking, cycling or scooting to school. It is packed with advice to help you have hassle-free journey to school.

[Download your free family guide](#) using this link: [Sign up to receive your free school run guide - Sustrans.org.uk](#)

For more information about the event go to www.bigwalkandwheel.org.uk . Enjoy the challenge!

Best wishes

Miss Rodgers

