

BOURNE ELSEA PARK CHURCH OF ENGLAND PRIMARY ACADEMY

Executive Headteacher: Mrs S Moore

Acting Head of School: Mr P Bellamy

**Sandown Drive
Bourne**

Tel: 426968



22nd September 2021

Dear Parents/Carers,

Get set... we're taking part in Sustrans Bike to School Week 2021, encouraging families to cycle or scoot to school. Bike to School Week is a week-long event taking place from 27th September to 1st October.

Active travel is more important than ever to help pupils get to school safely and healthily. The start of term is a great time to establish positive travel habits.

Cycling to school has many benefits including:

1. Pupils are more relaxed, alert and ready to start the day
2. Fewer cars help to improve local air quality and reduce congestion
3. Children who are more aware of road safety and who feel more independent
4. A boost to physical and mental health and wellbeing

Whether your children are seasoned pros at cycling, walking, wheeling or scooting to school, or you're just getting started, Sustrans free downloadable family guide is packed with top tips, brilliant ideas and fun activities for an active school run. You can download your free family guide at: <https://www.sustrans.org.uk/sign-up-to-receive-your-free-family-guide/>

You can also use the following M-check and L-check videos to get bikes and scooters ready:

<https://www.youtube.com/watch?v=4qtx60bcNk0>

https://www.youtube.com/watch?v=hwQL_iorrAg

We hope by taking part in this challenge we will encourage our children to become Agents of Change and create healthier places and happier lives for everyone.

Yours sincerely,

Miss Worrall and Mrs Simpson
(Eco Schools Co-ordinators)