



SuffolkRoadsafe.net



Walk - whenever you can is organised by:
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Your child's *Walk - whenever you can* campaign starts on:

**WALK - whenever
YOU CAN...**

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**Walking to school is an adventure for children -
and has many, many benefits...**

WALK - whenever YOU CAN...



Why is walking to school so good?

Walking to school helps children develop a basic life skills. It prepares them for the future and allows them to learn by experience.

It also develops their imagination and exploration skills and helps them enjoy the outside world. It promotes well-being and confidence and has proven mental and physical benefits, which can be summarised as follows:-

- * Children develop road safety and personal safety skills.
- * It's a great, natural form of physical exercise for children and parents - and most of us need to take more exercise!
- * It's much better for the environment than driving to school in a car.
- * It helps combat the problem of traffic congestion in and around school .
- * Children learn how to meet and greet other people.
- * It's fun - children love walking to school with their friends.

“More than half our children are still not regularly walking to school. The number of cars involved in the school run is increasing and as a nation we are becoming less active ”

WALK - whenever you can

That's why we want you to join our campaign and **WALK - whenever you can.**

A wall chart in each classroom will show who is walking, how often they walk, and the distance they cover.

Children will receive bronze, silver and gold certificates at three stages - your teacher will explain how these will be awarded.

But best of all, your child will become fitter and healthier - and you will be doing your bit to improve the environment and ease congestion.

And if you cannot walk all the way, park away from the school and walk the final leg of the journey. This will enable your child to participate in **WALK - whenever you can.**

