

# Colmers Farm Primary School

Leybrook Road  
Belton Grove  
Rubery  
Birmingham  
B45 9PB

Head Teacher: Mr D. Williams  
Tel: 0121 716 0444  
Web: [www.colmersfarm.bham.sch.uk](http://www.colmersfarm.bham.sch.uk)  
Email: [enquiry@colmersfarm.excelsiormat.org](mailto:enquiry@colmersfarm.excelsiormat.org)



## Dear Parent/ Carers

It is that time of year again. As a school we would like to participate in 'walk to school week', week commencing **Monday 19<sup>th</sup> October 2020**.

### Information on walk to school week

Traditionally, it is a one-week campaign to raise awareness of congestion problems outside school. Parents are encouraged to walk to school with their young children as often as possible during the week and beyond. If the journey is too far to walk, then the message is, drive partway and walk the rest – keep the school gate clear of traffic.

Walking to school is an exciting campaign asking parents, pupils and teachers to incorporate regular physical activity into their daily lives by walking to and from school whenever possible. International Walk to School Week gives children, parents, carers, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. Walk to school week is celebrated across the world. Not only will other pupils in Birmingham and across the UK be taking part; there will also be pupils all over the world walking to school at the same time.

May and October are 'walk to school months', which means our school can choose any week in May and any week in October to take part in 'walk to school week.'

### **Why walk to school?**

- Walking keeps you healthy and fit and you can chat along the way.
- You can put your road safety training into practice and there will be less cars parked around the school and therefore will be safer for children.
- Car exhaust pollution is bad for the environment and for us and you can explore more of the local area.
- Walking to school wakes you up and you'll be ready to start your lessons.

Even if it's raining, you can still walk to school – but don't forget your wellies and raincoat!

### **What can be achieved by taking part in the 'walk to school week'?**

- Schools do want to combat the problem of traffic congestion
- Parents do want their children to benefit from regular physical activity
- Pupils do want to walk to school with their friends!
- More than half of 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.

All you need to do is walk to school every day and evidence each walk daily. At the end of the week, if you return the sheet provided back to your class teacher, then you will be rewarded with a walk to school certificate.

Happy walking everyone

Miss Boyle