

St Mary's Lewisham CE Primary School

Headteacher: Mrs Christine Graham

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"Personal Development at St Mary's is Outstanding" - Ofsted Dec 2021

Our Vision

To be a learning community that promotes the unique gifts, wellbeing and potential of every person. Our work is founded on the life and teaching of Jesus Christ, building on His message of equality, peace and justice, guided by His words 'As I have loved you, so you must love one another' (John 13:34).

9th May 2023

Dear parent/carer,

WALK TO SCHOOL WEEK: MONDAY 15TH – FRIDAY 19TH MAY 2023

Pupils are encouraged to walk (or wheel, cycle or scoot) to school every day of the week, and record their daily participation with the class teacher. At the end of the week they will be rewarded with a special Walk to School badge!



This May is National Walking Month, and we are inviting all children at St Mary's to take part in a five-day walking challenge as a celebration of the walk to school. This fun and engaging week-long activity has been built to make pupils experience first-hand the importance of walking to school and to encourage children to travel actively to school every day of the week.

Through the challenge, children will be well on their way to reaching their recommended **60 minutes minimum of physical activity per day** before even reaching the school gates! If you normally travel to school by bus, why not get off a few stops early and walk the final part of your journey?

This year's theme is *Walk with Wildlife*, and children will be encouraged to think about the important reasons to walk and the difference it can make for individuals, communities and the planet!

The themes for each day are:

- INCLUSION
- SUSTAINABILITY
- HEALTH
- MINDFULNESS
- FRIENDSHIP

We hope you will support your children to travel actively to school next week and talk to them about the benefits of walking to school.

Yours sincerely,

Mrs Christine Graham
Headteacher

