

23<sup>rd</sup> February 2018

## Dear Parent / Guardian

We are really excited to announce that as part of the Sustrans Active School Travel Programme, we are holding a **FEET FIRST FAMILIES** day on **Friday 9<sup>th</sup> March 2018**.

This is the launch day of a brand new initiative (**FEET FIRST FAMILIES**) in which we are supporting our pupils to walk, scoot or cycle to school on a regular basis and to encourage other members of the family to get involved too.

Pupils will be given a sheet of stamp strips which they can mark off each day that they make an active journey to school.

There are 6 spaces on each strip, 5 for school days and 1 for the weekend. We would love you as a parent or guardian to complete the weekend option with your child by going for a walk, cycle or scoot with them – maybe the whole family could participate?

Once the strip of 6 is complete, simply place it in the **FEET FIRST FAMILIES BOX** outside Miss Stirling's room (P3/4 area) to be in with a chance of receiving a monthly prize. This will run each month until June.

As part of the FEET FIRST FAMILIES launch day on the 9<sup>th</sup> of March, we are encouraging as many pupils and their families as possible to walk, cycle or scoot to school on that day.

When you arrive at school, you will find that **Starbucks** have kindly agreed to provide free tea and coffee in the front playground for those adults who have joined the children in their walk, cycle or scoot to school.

Please get involved and show us what you are doing by using the hashtag **#feetfirstfamilies** on social media.

**\*\* If you are unable to walk, scoot or cycle the whole journey from home, please consider a 'Park n Stride' option where you are encouraged to drive part of the journey to school. Find a safe and suitable place to park up, meet friends and walk the final part of the journey (You are welcome to park in the Reformed or Cunningham Church carparks) – you may find this more relaxing than sitting in traffic \*\***

Every time you complete an active travel journey to school or at the weekend, colour in a foot. Once you complete a strip, get a parent / carer to sign it, and put it in the box in school for the prize draw. Share your journey with us on social media using [#feetfirstfamilies](https://twitter.com/feetfirstfamilies) to be part of the fun!

# #FeetFirstFamilies

Name:

Class:



Signed:

[www.sustrans.org.uk](http://www.sustrans.org.uk)

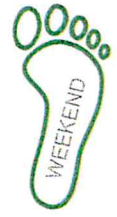
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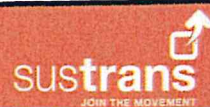
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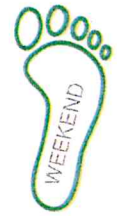
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