



MALCOLM SARGENT PRIMARY SCHOOL

Love To Learn

8 March 2019

Dear Parents/Carers

THE BIG PEDAL

Physical exercise is so important. Not only does it support physical health and fitness, but research also tells us it has a significant impact of developing positive mental health. Join us as part of our Five Ways To Wellbeing in #BeActive, for two weeks, taking part in the Sustrans Big Pedal 2019, the UK's largest inter-school cycling, walking and scooting challenge. The challenge runs from 25 March to 5 April. It's free and we would love everyone to be involved.

The Details

On each day of the challenge, schools compete to see which one can record the greatest number of pupils, staff **and parents** cycling, walking or scooting to school. Children will let us know each day whether they have walked, cycled or scooted to school and who else has walked with them. The results are entered online and turned into points. This will also be a house competition, and the house with the most points at the end of the ten days will be the house winner. This is a great way to get more of our pupils travelling actively to school and is a simple way to boost their physical and mental health.

Cycle, Walk, Scoot And Snap To Win Family Prizes

You and your family can also win prizes during the Sustrans Big Pedal. Simply post a photo of you and your child cycling, walking or scooting to school on social media during the challenge using #BigPedalWin. To be in with a chance of winning, you'll need to follow Sustrans on Instagram [instagram.com/sustrans](https://www.instagram.com/sustrans), Twitter twitter.com/sustrans or Facebook [facebook.com/Sustrans](https://www.facebook.com/Sustrans). Be sure to check the terms and conditions found on the Big Pedal website prior to entering the competition. Our Junior Road Safety Officers (JRSOs) will also be handing out gift cards to those children who have biked or scooted into school, for more prizes!

What's Next?

All you need to do is encourage your child(ren) to cycle, walk or scoot to school on as many days as possible during the event, and join them on their way. Catch up with news about how we are getting on with the challenge on Facebook. For more information about the event go to www.bigpedal.org.uk.

Enjoy the challenge!

Yours sincerely

Tim Cox
Vice Principal

Charley Jones
JRSO

Rebecca Cross
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Grace Mizon
JRSO



#BeActive