



Spalding Parish Church of England Day School

31st March 2021

Dear Parent/Carer,

Big Pedal 19th - 30th April 2021

Get set... we're taking part in Sustrans Big Pedal 2021, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 19th April to 30th April. It's free and we would love everyone to be involved.

What do you need to do?

Encourage your child(ren) to take active journeys to school on as many days as possible during the event and join them on their way.

Everyday in school each class will record how they arrived at school. If you do usually travel by car why not park up further away from school and walk the rest of the way or, if you travel by bus, get off the stop before to help complete the challenge.

Please remember if your child is cycling to school to ensure they are wearing a cycle helmet that will help provide protection to the head in the event of a collision or falling off.

Why we are taking part

Sustrans Big Pedal is a great way to get children active which is important for physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate.

Covid-19 has made active travel to school even more important. The Department for Education has said encouraging active travel to school helps "to enable pupils to be physically active while encouraging physical distancing."



Clay Lake, Spalding, Lincolnshire, PE11 2QG

Tel: 01775 722333

enquiries@spaldingparish.lincs.sch.uk

www.spaldingparish.lincs.sch.uk

Follow us on Twitter: @SPCEDS

Head Teacher: Diane Mulley

Cycle, walk, scoot and snap to win family prizes

You and your family can also win prizes during Sustrans Big Pedal. Simply post a photo of you and your child(ren) cycling, walking, wheeling 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.

Useful resources

To help you prepare, Sustrans has developed a handy free guide packed with advice, games and challenges to help you have hassle-free cycle, walk or scoot to school.

Download your free family guide using this link:

<https://www.sustrans.org.uk/sign-up-to-receive-your-free-family-guide/>

Please use the below link for tips on staying safe on the school run during lockdown:
<https://www.sustrans.org.uk/our-blog/get-active/2020/everyday-walking-and-cycling/how-to-stay-safe-on-the-school-run-during-lockdown/>.

For more information about the event go to www.bigpedal.org.uk.

We will be posting on our Twitter page regular updates on how we are getting on against other schools. Make sure you follow us @SPCEDS

Enjoy the challenge!

Yours sincerely,

Sam Boccock

Assistant Head Teacher & SENCo