



Dear Parent

Get set... we're taking part in Sustrans Big Walk and Wheel 2023, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 20-31 March. It's free and we would love everyone to be involved on as many days as possible.

What do you need to do?

Encourage your child(ren) to walk, scoot or cycle to school on as many days as possible during the event. **We will also have two teacher-guided "walking buses" leaving from 8.30am at the corner of McBride's in Comber Square and outside the Old Comber Wineyard, at the end of Railway Street/bottom of the Glen Road, from 8.30am every morning throughout the two week event.**

Including everyone

We want to make sure that everyone can get involved in Sustrans Big Walk and Wheel. We know it may be more difficult for some pupils to take part than others. If you want to discuss more about your child(ren)'s specific needs, please contact Mrs McCullough and we will make sure to look into how your child(ren) can take part.

Why we are taking part

Sustrans Big Walk and Wheel is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing. We have also been taking part in this event since its inception, so it's very important to us at AMPS!

Active school runs also help to reduce congestion and air pollution outside the school gate. [A 2021 YouGov study](#) showed nearly half of UK children worry about air pollution near their school. And that children thought active travel was the best away to bring down these pollution levels.

Plus, there are some great prizes to be won every day if we get enough children taking part!

For one of the days, we will be asking everyone to dress in red to help support NI Chest Heart & Stroke's Red Dress Run, so please look out for more details on that.

Useful resources

To help you prepare, Sustrans has developed a handy free guide to walking, cycling or scooting to school. It is packed with advice to help you have hassle-free journey to school.

Download your free family guide using this link: <https://www.sustrans.org.uk/sign-up-to-receive-your-free-school-run-guide/>

For more information about the event go to www.bigwalkandwheel.org.uk . Enjoy the challenge!

Best wishes

Mrs G McCullough