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Dear Parent/Carer

Sackville School is excited to announce that we will be taking part in Living Streets' Free Your Feet week-long walking challenge in the week commencing 19<sup>th</sup> October 2015.

### What is Free Your Feet?

During Free Your Feet week we are challenging our year 7, 8 and 9 students to increase and record how much walking they do, on their journey to and from school. All students will be given a postcard on which to record their daily travel.

### Why take part?

There are many benefits to taking part in Free Your Feet including:

- Increased physical activity for health and well being.
- Students arriving at school alert and ready for lessons.
- Reduction of congestion and traffic outside school gates, increasing student safety.
- Reduction in waiting times for parents/carers caught up in school traffic.
- Reduction in the environmental impact of the school.
- Opportunities for socialising before and after school by walking with friends.
- Opportunities to increase students' independence and knowledge of the local area.

What's more all students taking part in the scheme will be entered into a prize draw for high street shopping vouchers. All participating students have a chance to win - it's the taking part that counts. And the school in West Sussex that achieves the highest percentage of participating students will win a grand prize of tickets to and/or coaching with a high profile local sports club!

### How can you support the challenge?

We understand that it is not always easy to adapt daily routines but there are several ways you and your child can walk more during the challenge:

- **Walk the whole way:** Do you live within a 10–20 minute walk from school? Spend some time with your child and discuss safe walking routes to school. Would walking the whole way be possible and how much time would it add or subtract from your usual car journey?
- **Park and Stride:** Too far to walk? Why not find an area to park within 10-20 minutes walk from the school. This will increase their walking rates and could also benefit your ongoing journey by reducing waiting times in school run traffic.
- **Hop on/off:** Could you encourage your child to get on the bus a stop later or get off a stop earlier to increase the number of minutes walking each day?
- **More walking during the school day:** Does your child get a bus/taxi to/from school with dedicated pick up and drop off points? They can still take part. Encourage your child to increase the amount of walking before, after or during the school day. Perhaps they could run some local errands for you, or walk the dog. Sackville School has substantial grounds. Could your child do some extra walking with their friends at lunch time?

Thank you for taking the time to read this letter. I hope that it contains useful tips on how you can best support your child during Free Your Feet challenge week.

Yours sincerely

Mr P Street  
**Deputy Headteacher**

