



## Emmanuel CE Middle School

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Executive Headteacher: Mr Ron Jenkinson, M.Ed

Head of School: Mr Rob Christopher, BSc (Hons) PGCE

Assistant Headteacher: Mrs Alice Ponchaud, BA (Hons), MA (Ed)

21<sup>st</sup> March 2019

Dear Parents/Carers,

Get set... we're taking part in 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 who can record the greatest number of pupils, staff and parents cycling, walking or scooting to school. We will be collecting the information on how many pupils, parents and siblings have cycled, walked or used a scooter at pm registrations and will then be inputting the data on the Big Pedal website daily.

It's 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 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](https://twitter.com/sustrans) or Facebook - [facebook.com/Sustrans](https://facebook.com/Sustrans). Be sure to check the terms and conditions found on the Big Pedal website prior to entering the competition.

### Bike Breakfast Wednesday 27th March 8.15-8.35am

We will be rewarding any pupils who cycle, skateboard or scoot to school on Wednesday 27th March with some extra breakfast goodies. Just park your bike, skateboard or scooter in the bike sheds, collect a ticket and line up at the front of school. Thank you to the PTFA and Sustrans for funding this treat.

### What's next?

All you need to do is encourage your children to cycle, walk or scoot to school on as many days as possible during the event, and join them on their way. Also please remind your children to keep safe on their way to school (wear helmets if you have them please) and to be careful of other people using the pavements and roads.

For more information about the event go to [www.bigpedal.org.uk](http://www.bigpedal.org.uk). Enjoy the challenge! We look forward to seeing the bike shed full this week! Hopefully this will set a trend for the summer term when we can all get a little more daily exercise and plenty of fresh air.

Yours faithfully,

Mrs Robertson, Head of Wellbeing



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