



# Park and Stride Week



Eco Council Transport Topic for our award 2024/25

The whole school is invited to support us

**19<sup>th</sup> – 23<sup>rd</sup> May**

Join our **Great Space Walk Five Day Walking Challenge**

If you live in the village take a longer route and.....

If you drive to school, park further away and.....

scoot, walk, skip, ride...you choose!

Each day of the week has a different theme

Each morning children will be asked how they travelled to school, stickers will be awarded and the class which makes the biggest effort will have a treat

**Day 1 Mental Health Day 2 Physical Health Day 3 Sustainability Day 4 Road Safety Day 5 Community**

**Everyone can join in!**

Take the challenge

Reduce congestion outside school

Reduce air pollution

Improve road safety

Increase exercise become fitter

Fresh air for mindfulness

**Take pride in taking part!**

