

Heritage Park Primary School

Walk to School Week 20-24th May 2024

Dear Parents and Carers,

Walk to School Week is a national initiative that aims to raise awareness of our local environment as well as helping us to keep fit and healthy. In this coming week we will be encouraging as many children as possible to walk to and from school each day. For those children who live a car journey away, we would ask parents to park a little further away from school than usual so that children can feel they are still able to take part!

Whilst out on their journey children could:

- * Use their senses to explore the local area (what can they see, hear, smell, touch or even taste!)
- * Time how long it takes them to walk to school—can they beat their time as the week goes on?
- * Measure the length of their walk to school in different units. How many footsteps, metres, etc?
- * Keep a weather diary for the coming week. Is it cloudy, dry, windy?
- * What letters or numbers can they spot along their journey? Can they spot all of the seven letters that make up the word 'Walking'? What else could they spell out?
- * Take a picture of their favourite part of the walk—can they try and sketch this when they get home?
- * Take a photograph of a tree that they like and find out what type of tree it is. They could then keep an eye on how that tree changes over the seasons.
- * Can your child/children think of an animal that they would not expect to see on their walk to school? What do they think the animal would do if they came to visit our local area? What would go well and not so well!
- * Post a letter that they have written to a family member or friend. (This could be through a letterbox or the local postbox)
- * Make a list of things that have made them happy on their walk e.g. seeing a dog they like.
- * Collect interesting things they find along their walk and try turning this into a 3D picture at the end of the week.
- * Can they spot any birds? How many different types can they see? Perhaps they could take a photo of one and try and learn what type of bird it is?
- * Consider what would be different about their walk to school now compared to in a different season. Would things look different?
- * Make a poster which explains why walking is good for them.
- * Balance an object on their head or on a spoon as they walk to school—how far can they travel whilst balancing it?
- * Pick a spot where they could safely complete a tally chart of the local traffic. How many cars (perhaps by colour), vans, buses, bikes can they see in five minutes?
- * Make themselves a trophy out of recycled items to celebrate their walk to school success!

