Dear Parent/Guardian,

Your child's school is working with Walk Wheel Cycle Trust's I Bike programme to help reduce traffic congestion and air pollution around the school gate by encouraging journeys to and from school to be made on foot, by scooter or by bicycle.

Thank you for your support during the active journeys winter challenge – Leg it to Lapland!

Every time your child travels actively to or from school during the challenge week, they will earn one 'virtual mile' towards Lapland. If the journey is more than a mile, every mile will count!

Completing 30 minutes of other exercise e.g. dancing, practising goal scoring at football training or learning some new moves at Taekwondo, will also earn a virtual mile. Virtual miles can also be earned by completing other active journeys e.g. walking to drama club.

The school who earns the highest number of miles per pupil will be the winner!

A prize will be available for one individual per class who has gone the extra mile, quite literally, during the Leg it to Lapland challenge week. These prize winners will be chosen by their class teachers.

Parents and carers are also invited to join the challenge, by making active journeys and doing exercise or sport to boost your physical and mental health. We'd love to see what you get up to, if you're happy to share, please tag us @WalkWheelCycleTrust and #LegittoLapland on your social media!

Good luck!

Walk Wheel Cycle Trust