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 journey 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, football practise or 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 each class teacher.

Parents and carers are also invited to join the challenge and use it as a motivation to get outside and active, despite the colder weather.

Good luck!

Walk Wheel Cycle Trust

Leg it to Lapland!

Passport

Name: _____

Class: _____

School: _____

Walk Wheel Cycle Trust

My active diary

Day	**Journey to school**	**Journey from school**
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Totals:	*How many active 'miles' to school?*	*How many active 'miles' from school?*

Day	**Other active journeys**	**Other exercise**
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Totals:	*How many 'miles' for other active journeys?*	*How many active virtual 'miles'?*

Overall total miles: _____