

Dear Parent/Carer,

As part of our school's involvement with the Sustrans Active School Travel programme, we have organised a Park and Stride morning on

### Thursday 7<sup>th</sup> November

A Park and Stride morning is an opportunity for children and parents/carers to walk to school together by parking up at a designated Park and Stride location and walking or scooting the rest of the way. Groups of children can walk together and it is a great way to promote independence in older children. All families in our school are invited to take part on the day and families who live close enough to walk are encouraged to do so.

### Our Park and Stride Location:

#### St. Josephs GAC Car Park

Families are encouraged to park here until 9 am and continue their journey around the pitch, following the path to school. The theme of the morning will be **Ditch the Dark**. To raise awareness of safe travel to school as the days become darker, we are encouraging children to Park and Stride to school looking as bright, shiny and reflective as possible.

This will be a uniform day as normal. Children are invited to get creative with hats, coats and other bright accessories to be super bright (please ensure decorations do not interfere with the safety of scooters if they are used). The possibilities are endless – bright clothing, lights, glow sticks, a hat wrapped in tin foil, fluorescent orange socks, a neon green wig – be bright, brighter, or the brightest!

You are more than welcome to join the fun, and Park and Stride to school as well – perhaps in *your* brightest outfit!

If you have any queries, please contact the school.

Yours sincerely

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Active Travel Champion  
Ballymacrickett Primary School

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