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Dear **[NAME],**

Sustrans Big Walk and Wheel is the UK’s largest inter-school walking, wheeling, scooting and cycling challenge. It aims to get more children taking active travel to school to improve air quality in their neighbourhood and discover how these changes benefit their world.

On each day of the challenge, schools compete to see who can record the greatest proportion of their pupils taking active journeys to school.

Sustrans Big Walk and Wheel 2023 takes place from 20 to 31 March.

I am writing to ask that **[INSERT SCHOOL NAME]** takes part in the challenge. It would be a fun way to encourage healthy habits, improve local air quality and help tackle climate change.

It’s free to take part. Participating schools could win some fantastic prizes and will also have access to a range of exciting resources, including curriculum linked lesson plans, and ideas to get all pupils involved.

You can find out more and register at [www.bigwalkandwheel.org.uk.](https://bigwalkandwheel.org.uk)

Regular physical activity promotes good physical and mental health. Walking, wheeling, scooting or cycling is a great way for children to build physical activity into their daily routine. It helps children arrive more relaxed and alert, ready to start the day. It also helps reduce traffic congestion and improves air quality around the school.

[A 2021 YouGov study](/our-blog/news/2021/april/increase-in-children-s-concerns-over-air-pollution/) showed nearly half of UK children worry about air pollution near their school. Children thought walking, wheeling, scooting or cycling was the best way to bring down these pollution levels. It also showed more children want to travel actively to school than currently do.

You can [download free educational resources and materials](https://bigwalkandwheel.org.uk/resources) and a letter to parents inviting them to take part. Participating in the Sustrans Big Walk and Wheel also contributes towards gaining Modeshift Stars accreditation.

**[INSERT YOUR OWN REASONS FOR WANTING TO TAKE PART]**

In 2022 pupils at 1,519 schools took part and children were active for over 28 million minutes as part of the event. Also, 1,335 tonnes of CO2 was avoided if the journeys logged would have otherwise been made by car.

I really hope our school can take part this year! I am really excited about the positive difference our school could make.

Kind regards,

**[NAME]**

The Big Walk and Wheel is a Sustrans project. Sustrans is the charity making it easier   
for people to walk and cycle.   
  
We connect people and places, create liveable neighbourhoods, transform the school run   
and deliver a happier, healthier commute. Join us on our journey. [**www.sustrans.org.uk**](http://www.sustrans.org.uk/)

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