



Archdiocese of Birmingham
St. Mary's Catholic Academy
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Thursday 5th February

Dear Parents / Carers,

This week the children the children took part in an assembly 'Walk for Wellbeing' led by the charity Living streets. Schools across the UK are joining Living Streets to walk, wheel, scoot and cycle towards healthier futures.

The assembly this week explored the and discussed the following and have the children the opportunity to think about how they can

Explore how walking and wheeling can improve your health

Learn how to take care of your physical and mental wellbeing

Discover examples of how people have improved their health through active travel

Take part in quizzes, discussions and interactive activities

Following on from this assembly the school council met and discussed our focuses for this year, one thing that the we are hoping to encourage this year is promoting the idea of walking, biking, scooting or using park and stride to school. One reason for this is to promote the same values as the charity Living Streets but also hope that by encouraging these approaches, we can help improve parking and reduce congestion around the school to make it safer for everyone.

The school council wanted to get everyone in our school involved and so they are running a whole school competition running from the 2nd February – 27th February. During this time, we would like children and families in our school to design a 'Walk to school poster'. We want the poster to encourage and promote alternatives to getting to school for example using bikes or scooters or using local areas such as the Nature Reserve to park and stride. We want the posters to be as bright and creative as possible. Once all entries have been submitted the school council will choose an EYFS/KS1 and KS2 winner, the winners will have their poster displayed around school, have their poster added to our website, and sent home alongside our messenger to promote their importance message.

We look forward to seeing your wonderful posters!

Mrs Statham

Head of School

