



Oakfield Primary School is joining with Hampshire County Council as part of it's **Walktober** campaign to encourage alternatives to car travel on the school run. By encouraging walking, cycling or scooting to school we can help to reduce congestion and pollution in the local area making it a nicer place to live and learn.



The theme for '**Walktober**' is '**Walk away from pollution**' where we will be focusing on **Air Quality**.

On **Thursday 12th October** (as it's International Walk to School Month) we are asking the children to travel to school on foot, by bike, scooter or 'Park and Stride' **wearing bright colours** for our "**Be Bright Be Seen**" event which we are using to launch our **Park and Stride** initiative.

What is **Park and Stride**?

- This is a long term scheme to reduce congestion around school and increase health benefits for children.
- We encourage those of you who usually drive your child to school to park in our Park and Stride areas marked on the map attached.
- The 2-3 minute walk to school will be very beneficial to your child by providing additional exercise and improving concentration in school.
- We hope this will become a daily habit so that the benefits are long lasting.

By way of marking the International Walk to School Month – '**Walktober**' we are focusing on **Air Quality** and encouraging the school to 'walk away from pollution" as per Hampshire County Council's campaign.

The campaign stresses that active travel means clean air. As we know air pollution is not only unpleasant to breathe in but it currently harms the health of millions, but unlike other risks to our health, many people don't know what causes air pollution, the effects it has on our bodies or how to reduce our exposure to it. The journey to school in particular can have an impact on pupils' health and the environment.

How can we get involved on Thursday 12th October?

On **Thursday 12th October**, we are asking children to meet at the **Hammonds Close Park and Stride area** (marked on the attached map) at 8.20am either on **foot, cycle, scooter** etc wearing **bright clothing**! Basil the bird will be meeting us with a fun trail for children and families to complete around Testwood Recreation Park.

Remember to arrive in good time if you would like a photo with the My Journey mascot, Basil the Bird! And we hope the press may be present too!!

Children will receive stickers for travelling to school sustainably and for taking part in the trail! Answers to the trail will be given in the morning assembly, where Oakfield Primary School will also be presented with their **Bronze School Travel Plan Award** from HCC. **Everyone** is welcome to attend the assembly where HCC will be presenting a special assembly about Air Quality and pollution. Children will also take part in activities during the school day around the theme of Air Quality.

We are looking forward to seeing you all on Thursday 12th October at 8.20am come rain or shine in your brightest coloured clothes (non school uniform)! There will also be prizes for the brightest clothed child in each class!!

If you are unable to print the map/quiz needed for the trail please ask at reception to print one off for you.