**19th April 2021**

**Dear Charles Darwin children, mums, dads and carers,**

I hope you all had a fantastic Easter holiday and enjoyed the sunshine and increased freedom!

We are all in school today doing staff training but looking forward to seeing you back tomorrow for what we know will be a great summer term and hopefully a sunny one!

Remember to let us know if anyone in your house has symptoms, remember too that the whole household must self-isolate until the symptomatic person gets a negative PCR test result. Also let us know if you have been contacted to say you must self-isolate for 10 days as you have been in contact with a person who has tested positive.

[covid@charlesdarwin.cheshire.sch.uk](mailto:covid@charlesdarwin.chehsire.sch.uk)   or    07922949835

As we have already told you we are taking part in the Big Pedal this week and next; Charles Darwin Community always does brilliantly in this, please support us if you can.

Best wishes

Adam Croft

Get set… we’re taking part in Sustrans Big Pedal 2021, the UK’s largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 19 April to 30 April. It’s free and we would love everyone to be involved.

**What do you need to do?**

Encourage your child(ren) to take active journeys to school on as many days as possible during the event, and join them on their way.

Or, if your child(ren) are learning from home, take active journeys from home with them or encourage them to do physical activity on as many days as possible instead.

Remember the Amazing Me non-uniform day and £1 donation on Friday 30th April (more details below).

**Tell us what you’ve done at home**

If your child(ren) are taking part in Sustrans Big Pedal from home, you (or your child) can let their teacher know if they have been on an active journey or completed a physical activity by 9am each day

Please use this communication channel to let us know if other family members (including parents and siblings not at the school) have joined in as supporter activity counts in the competition too.

**Why we are taking part**

Sustrans Big Pedal is a great way to get children active, which is important for physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate.

Covid-19 has made active travel to school is even more important. The Department for Education have said encouraging active travel to school helps “to enable pupils to be physically active while encouraging physical distancing.”

Plus there are some great prizes to be won every day if we get enough children taking part!

**Cycle, walk, scoot and snap to win family prizes**

You and your family can also win prizes during Sustrans Big Pedal. Simply post a photo of you and your child(ren) cycling, walking, wheeling or scooting to school on social media during the challenge using #BigPedalWin.

To be in with a chance of winning, you’ll need to follow Sustrans on Instagram [instagram.com/sustrans](http://www.instagram.com/sustrans), Twitter [twitter.com/sustrans](https://twitter.com/sustrans) or Facebook [facebook.com/Sustrans](http://www.facebook.com/Sustrans).

Be sure to check the terms and conditions found on the Big Pedal website prior to entering the competition.

**Amazing Me Fundraising Day**

On Friday 30 April we’d love our pupils to wear non-uniform. We will be fundraising for our school's active travel project so we would be very grateful for a £1 donation.

We want to celebrate how amazing the children have been- taking part in Sustrans Big Pedal and learning about the amazing benefits of active travel.

**The Big Pedal is For Everyone**

We want to make sure that everyone can get involved Sustrans Big Pedal.

We know there may be things which make it more difficult for some pupils to take part than others. For example, some children may have different mobility needs or limited computer access for telling us about activity done at home. This should not stand in the way of your child(ren) taking part.

If you want to discuss more about your child(ren)’s specific needs, please contact Mr. Solan and we will make sure that there is a way for your child to take part.

**Useful resources**

To help you prepare, Sustrans has developed a handy free guide packed with advice, games and challenges to help you have hassle-free cycle, walk or scoot to school.

Download your free family guide using this link:

<https://www.sustrans.org.uk/sign-up-to-receive-your-free-family-guide/>

Please use the below link for tips on staying safe on the school run during lockdown: [https://www.sustrans.org.uk/our-blog/get-active/2020/everyday-walking-and-cycling/how-to-stay-safe-on-the-school-run-during-lockdown/.](https://www.sustrans.org.uk/our-blog/get-active/2020/everyday-walking-and-cycling/how-to-stay-safe-on-the-school-run-during-lockdown/)

For more information about the event go to www.bigpedal.org.uk.