**Can you walk, scoot or cycle to school this week?**

**WEEK BEGINNING**: Monday 5 October 2020

**ENDS**: Friday 9 October 2020

We would like to recognise schools that are committed to helping their pupils reach the recommended 60 minutes of activity per day. There are many different ways that schools are supporting their own communities to do this, but walking to school is definitely one of the easiest.

The dates chosen are in line with #WalktoSchoolWeek and fall within National Walk to School month.

**BENEFITS OF WALK TO SCHOOL WEEK**

Being active and getting some exercise in the morning before arriving at school can help set children up for a positive day; improving focus and concentration, and instilling a sense of physical and mental wellbeing. It is also designed to extend further - encouraging healthy habits for life with a focus on exercise, diet and wellbeing. Parents and teachers are encouraged to get involved too!

**SUBMISSION OF RESULTS**

Entries are submitted via the spreadsheet provided and can be emailed to sgo@ursuline.kent.sch.uk.

Please ensure all fields are complete to enable the percentage of pupil involvement in your school.

Spreadsheets must be submitted by Wednesday 14th October 2020.