



Building  
together  
for our future.

***Braidside Integrated Primary  
and Nursery School***

**89 Frys Road, Ballymena Co. Antrim BT43 7EN**



Dear Pupils, Parents and Guardians,

Over the past number of years, we as a school in partnership with Sustrans, the active travel charity, have promoted the importance of our pupils adopting a healthy lifestyle and embracing the active travel initiative by walking, scooting and biking to school as much as possible.

To kickstart our active travel programme this year we are hosting the **'Back to school travel challenge'** starting on **Monday 28<sup>th</sup> September** and running throughout the month of October during which time the children are encouraged to complete at least 15 active journeys by either walking, scooting or biking to school for which they will receive a stamp sheet and reward in school once completed. Embracing the active travel programme enables our pupils to not only receive a wide range of health benefits but it also helps to ease traffic congestion and minimise air pollution all whilst enjoying the fresh air and having fun! What could be better?!

At the end of our first full week of participating in the back to school challenge we plan to have a whole school celebration on Friday 2<sup>nd</sup> October 2020 whereby pupils are encouraged to bling their bike, scooter and indeed themselves in rainbow colours, stickers and/or tassels to celebrate the end of lockdown and our return to school and amazing active travel adventures. This will be a non-uniform day but please note that **no money is to be sent in that day.** Please also note that on the days that your child does travel to school by bike or scooter, they are encouraged to park these outside their classroom before entering the building. I would also like to mention that for those children who live further away and need to be driven to school, it is encouraged for them to park within a certain distance and scoot, walk or cycle to school from there if and when possible. Please remember that it is essential for children to be seen when travelling actively and to have reflectors and reflective clothing where` possible and to always wear a helmet no matter what. As part of our programme we highly emphasise the importance of road safety and I would be very appreciative if you could remind your child of the steps to stay safe when travelling actively prior to embarking upon the challenge as we will also do in school.

Finally, I would like to take this opportunity to officially welcome our new Nursery and Primary 1 parents to the programme. I hope that your children have many years of happiness ahead embracing the active travel programme just as our older children have done.

Happy travelling everyone! Mrs Horan (active travel facilitator).