

Join Ealing's school wide Giant Walk to School In aid of COP26

Our school is participating in Ealing's school wide Giant Walk to School on **Friday 12th November 2021** in support of COP26. Showing our commitment to help alleviate the climate crisis and increase active and sustainable travel to and from school. Pledging our support to reduce carbon emissions one step at a time!

What is COP26?

COP26 is the **2021 United Nations annual climate change conference** which is taking place in **Glasgow** this November and will be the biggest meeting of world leaders that the UK has ever hosted! At COP meetings, governments from across the globe agree on **targets for the future**, with the aim of **reducing greenhouse gases** and **protecting the planet**. These decisions affect people all over the globe; they help us all work together to become **greener** and more **sustainable**.

What are the benefits of walking, cycling, scooting or Park & Striding to school?

- Actively travelling to school helps children feel **happier** and **healthier** and they arrive refreshed, fit and ready to learn.
- More families that actively travel to school means fewer cars on the road during the school run, helping to **reduce congestion** and **air pollution** and **increase road safety** at the school gates.

What if you can't walk all the way to school?

- If you live too far away or don't have time to walk the whole way to school, you can **Park and Stride**. Park or hop off public transport at least ten minutes away from the school and walk the rest of the way.
- Don't forget to check the attached walk to school map to find the most convenient route for your child.

WHAT CAN YOU DO?

We are committed to do our part and help **alleviate the climate crisis** by **encouraging** as many **parents, pupils** and **teachers** to travel to and from school in the most **sustainable ways** possible. Join us on **Friday 12th November 2021**, by walking, cycling, scooting or Park & Striding to school and show your commitment to making a cleaner, greener and less polluted route to school.





Plan your walk to school with your child!

Walking to school is a great way to engage with your child and teach them about crossing the roads safely along your journey.

Walking to school with your child counts towards the recommended daily target of at least 180 minutes of physical activity for children under 5 years old, or a minimum of 60 minutes of moderate activity for 5 to 18 year olds!

Walking is the most popular way parents travel and you and your child can meet lots of friends from school along the way.

- Popular walking route
- Pelican crossing
- Zebra crossing
- Pedestrian island
- 10 minute walk area
- Footpaths
- On-street park & stride
- School main entrance
- Minutes to walk to school

Please remember that any advice we have provided you has not been based on any medical check. While physical exercise is beneficial in most circumstances, we recommend that if you are concerned about the suitability of some activities or experience discomfort whilst exercising, you seek medical advice from your GP.