



## Yr Ysgol John Frost - The John Frost School

Lighthouse Road, Duffryn, Newport NP10 8YD

Tel: 01633 654100 email: [reception@newportschools.wales](mailto:reception@newportschools.wales)

Website: [www.thejohnfrostschool.co.uk](http://www.thejohnfrostschool.co.uk)

Pennaeth / Headteacher:  
Mark Tucker BA MA

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### Letter to all parents and carers of students at The John Frost School

Dear Parent/Carer

The John Frost School has chosen to be part of an exciting behaviour-change initiative to encourage more children and their families to walk to school. **WOW** – the walk to school challenge is delivered by *Living Streets*, the UK charity for everyday walking, to help as many children as possible experience the benefits of walking to school. Thanks to funding from Welsh Government, our school is one of 170 across Wales to take part in this project.

The student-led challenge enables children to self-report how they get to school every day. If they travel actively (walk/wheel, cycle, scoot or *Park and Stride*) throughout the week, they get rewarded with a badge and have the opportunity to be entered into a prize draw for a £10 **Love2Shop** voucher.

Our walking to school challenge will take place from **Monday 8<sup>th</sup> July – Friday 12<sup>th</sup> July**.

#### What are the benefits of walking to school?

- Children feel happier and healthier
- They arrive to school refreshed and ready to learn
- Helps reduce congestion and pollution at the school gates

#### What if we cannot walk to school?

*Park and Stride* to help your child earn their **WOW** badge. You can park or hop off public transport at least ten minutes away from the school and walk the remaining journey. Where walking to school is not an option, our school will establish engaging onsite activities.

We look forward to engaging in this challenge with you.

Yours sincerely

Mr M Tucker  
Headteacher