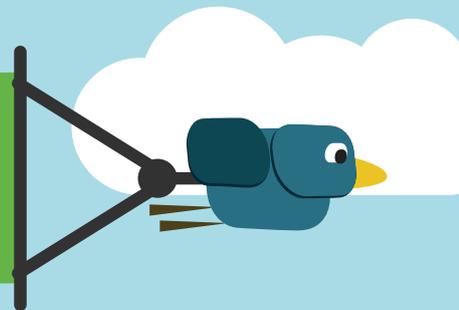


Let's stay one step ahead this spring

Dear Parent/Carer. Returning to school from 8 March is both exciting and daunting for us all as we tackle a world with Covid-19.

You will know – better than most – the impact the past year has had on our children's mental, physical and emotional health. Being physically active improves physical and mental health and boosts our body's natural immunity to fight off viruses, including Coronavirus.

As you prepare your child for school here are 3 reasons to try walking and cycling on the school journey this spring



1. Moving boosts your brain!

Children who do some form of exercise, especially a walk before school, do better in class because they arrive refreshed, fit and ready to learn. Exercise connects more neurons together to increase brain power and this improves concentration, creativity and memory.



2. Moving makes us happy!

People with high levels of regular physical activity have been shown to have higher levels of positive emotions. Results are even stronger when we get active outdoors.

3. Kids need an hour a day to get active!

The Department of Health recommend all children do at least 60 minutes of vigorous activity per day, but over half of children between 5 and 15 don't achieve this. Adults are supposed to do at least 20 minutes of activity a day so using the school journey to get active can make a real difference for the whole family.



And it's not too far! The average walking journey to a primary school in Wokingham is 26 minutes and by bike only 10 minutes! That's a distance of 1.3 miles.

Can you use the journey to school and keep moving to stay healthy? Walking and cycling is the perfect way to get you and your children safely back into action, off screens and out of the house and exercising together.

Have a look at how you could walk, cycle or scoot with your child at www.myjourneywokingham.com



WOKINGHAM
BOROUGH COUNCIL