



Children's Services  
Healthy Norfolk Schools  
Norfolk Education Advisory Services  
Professional Development Centre  
Woodside Road  
Norwich  
NR7 9QL

Tel: (01603) 433276  
Fax: (01603) 700236  
[sue.astbury@norfolk.nhs.uk](mailto:sue.astbury@norfolk.nhs.uk)

Letter to Headteachers of all First,  
Primary, Junior and Middle schools,  
including Independent schools

Please ask for: Sue Astbury

10 March 2005

Dear Headteacher

**Re: Walk To School Week (23 – 27 May 2005) 'Fit It In'**

Walking to school can be an important part in promoting the health of families and the environment. We hope your school will take the opportunity to join others across Britain to take part in national **Walk to School Week**.

Walking to school can:

- Help increase physical activity levels across the school day
- Reduce traffic congestion and road safety problems around the school gates
- Be fun!

We know that some children or schools are unable to have walking journeys to schools but would still like to support this worthwhile campaign. So this year we are suggesting that during **Walk to School Week** these schools might like to organise a 10-minute walk around the school's grounds each day and we have developed a resource to recognise this.

**School Challenge - How many children find the time to 'Fit It In'**

Once again we would like to see how many more children are walking to school and have prizes for the school with the biggest percentage walking! We are asking schools to record the total number of walking journeys made by their pupils during Walk to School Week.

Send us your school's results and the number of children in your school and we will award prizes of £100 book tokens for the school with the biggest percentage of walking journeys.

In 2004 Norfolk schools responded magnificently, with 137 schools taking part and we look forward to beating that total this year.

If your school can find the time to '**Fit It In**' please complete the attached order form and return it to Healthy Norfolk Schools at the address above or fax to 01603 700236. Please let us have the request form by **Monday 18 April** and we will aim to get the resources to your school by Friday 13 May.

We look forward to hearing from you and hope you enjoy the week.

Yours sincerely

Adele Godsmark  
Healthy Norfolk Schools Coordinator

David Cumming  
Integrated Transport Planning Team Leader



## WALK TO SCHOOL WEEK : 23 – 27 May 2005

### Resource Form for ALL PRIMARY PHASE schools

**TO:** Children's Services  
Healthy Norfolk Schools  
Norfolk Education Advisory Services  
Professional Development Centre  
Woodside Road  
NORWICH  
NR7 9QL

**To register your intention to participate and/or request resources, please complete this form and return it by Monday, 18 April 2005, either by post to the address above or fax it to 01603 700236**

<b>SCHOOL NAME:</b> _____	
<b>NAME OF CONTACT PERSON:</b> _____	
<b>Contact Tel No:</b> _____	
<b>WE WILL BE TAKING PART IN 'FIT IT IN'!</b>	
<b>Approximate number of pupils:</b> _____	
<b>What we plan to do:</b> _____ _____ _____ _____	
<b>Please send us the following number of:</b>	
Leaflets <input type="checkbox"/>	Stickers <input type="checkbox"/> KS1 Diary <input type="checkbox"/> KS2 Diary <input type="checkbox"/>
Class survey forms <input type="checkbox"/>	NB: 4 Posters will be sent