



# Let's get moving this Walktober!

Get moving for our wellbeing, our community and our planet

## Parent and Carer Information

**Travelling actively and sustainably can help make a change for our wellbeing, our community and our planet.**

Our school is taking part in International Walk to School Month by joining the Walktober challenge run by the Sustainable Transport Team at Southampton City Council.

We would like as many of our pupils, families and staff as possible to travel actively and/or sustainably throughout October by walking, wheeling, cycling, scooting, using Park and Stride or public transport.



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## Walktober 2023 - Pupil Challenge Card and Competition

The Pupil Challenge Card encourages pupils to travel actively and/or sustainably in October by suggesting weekly challenges to complete. There are four optional challenges to try over the course of the month, plus a bonus task for the final two days of Walktober. At the end of the challenge, the card can be entered into the Walktober pupil competition for a chance to win a fantastic prize!

### How it works:

- Your child will receive a Walktober Challenge Card with instructions on how to complete the card.
- The Walktober Challenge Card can be printed or completed on a computer. It can be filled in with writing, drawings or photos. For instructions to complete the card on a computer, please visit [myjourneysouthampton.com/walktober](https://myjourneysouthampton.com/walktober).
- The weekly challenges can be adapted or your child may like to come up with their own ideas!
- At the end of Walktober, and by **Friday 10th November 2023**, you can enter your child's completed Challenge Card into a prize draw run by the Sustainable Transport Team. Please email a scan or photo to [info@myjourneysouthampton.com](mailto:info@myjourneysouthampton.com), using the subject title **'Walktober 2023'**. Winners will be notified by the end of term.
- Please visit [myjourneysouthampton.com/walktober](https://myjourneysouthampton.com/walktober) for more details about the prize draw, including competition terms and prizes.
- If you need any assistance entering the competition, please ask if we have a Challenge Card collection point available.

You can find more active travel and wellbeing information for parents and families by visiting [myjourneysouthampton.com/education/active-travel-to-school-information-for-parents](https://myjourneysouthampton.com/education/active-travel-to-school-information-for-parents).

## Good luck and have fun being active!

### #Walktober

Please do share your fun-filled Walktober activities with us by tagging #Walktober.

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