



13th November 2020

Dear Parent(s)/Guardian(s)

We are launching an **Active Travel** campaign. The objectives are to:

- Increase activity levels
- Reduce pollution
- Ease congestion

The Challenge involves students completing as many active journeys to and from The Ladies' College as possible. At the end of the term, the tutor group with the most journeys (averaged per number of tutees) will receive a trophy. Every active journey (arriving by bike or walking the last 15 minutes) will receive a house point. I will be talking to the girls in assembly about how they can keep a record of the number of journeys completed. There will be other group and individual challenges throughout the year.

We are aware that some students already walk or cycle to The Ladies' College regularly. Any journeys that can be taken actively are encouraged, even if it's only one between now and the end of term. To make this safe and enjoyable for everyone we recommend the following:

1. Wear trainers or PE kit to and from College, changing into College uniform on arrival.
2. Wear a reflective coat or coat with reflective features. High visibility vests are available from the Pop-Up Shop (Smith Street) during Road Safety Awareness week, 16th – 21st November. I will have 40 vests to give away to students on Monday 16th November, donated by the charity.
3. Wear a helmet if you are cycling. Name helmet and store with the bike, in the covered bike sheds.
4. Stick to routes with pavements if you are walking, where possible.
5. Take a torch or use bike lights on gloomy mornings or afternoons.
6. Buddy up with a friend to make it fun.
7. Choose a drop off point near the College to make it more achievable. Get off the bus a stop early.
8. Check the weather forecast.
9. Showers are available in the Pavillion Changing rooms, should you wish to use them.
10. Take part as a family!

If the journey is too long to be fully active, we have made suggestions for closer drop off points:

By bike - Saumarez Park (2miles), St Andrews Church (2.5 miles), St Martin's Community Centre (1.5 miles)

On foot - Footes Lane, St Pierre Park (approx 1 mile), Salerie Corner (1.5miles), Beau Sejour (1mile)

Activity levels in adolescent girls are declining and Active Travel is a perfect way to add some active minutes to the day.

The advantages presented by Active Travel heavily outweigh the challenges. Students will arrive at College refreshed and feeling mentally prepared for the day ahead. Making their own way to College will increase their independence and potentially reduce their journey time. It is understood that active travel will not be possible for everyone, but every little helps. We would appreciate your support in helping your daughter to manage their baggage, by checking their schedule a few days in advance to help them lighten the load. Introducing such an initiative at this time of year is not without its challenges but we hope you will help your daughter to embrace a lifestyle change that will ultimately benefit not only her mental and physical well-being, but also the local and global community.

Please do not hesitate to contact me should you have any further queries of questions.

Good Luck



Mrs Le Maitre
Head of PE