



# CATALYST

## Somers Heath

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Monday 29<sup>th</sup> September 2025

### October Walk to School Month

Dear Parents and Carers,

October is International Walk to School Month. International Walk to School Month is a global initiative encouraging students to walk to school throughout the month, promoting healthy habits, safer streets, and cleaner air. It's a simple act that creates ripple effects: reducing traffic congestion, boosting mental focus, and connecting communities one step at a time.

We are encouraging everyone to walk (or even bike or scoot) **to and from school** for whole of October. Our 'walking bubble' was shared in last week's [newsletter](#) for those who may live further away and need to drive to school, we encourage that you consider parking a little further away and then walking a short distance (park and stride).

Each week in October, there will be a challenge for pupils to complete during their walk to school!

#### Week 1: WB 29.9.25 – Scavenger Hunt Picture Collage

*Take pictures of things you see on your walk to school throughout and create a collage. This can either be printed and handed in or emailed to the school ([admin.shps@catrust.org.uk](mailto:admin.shps@catrust.org.uk)).*

#### Week 2: WB 6.10.25 – Walk to School Diary

*Keep a diary of your walk to and from school for week 2. You can draw and write something about your journey each day. To make it interesting, you could walk a different route each day. Can you find out the quickest route to and from school? Can you also add in how many metres you walk each day by tracking the route on a phone? Can you track the steps you walk on a phone or smart watch?*

#### Week 3: WB 15.10.25 – Create a poster

*Design a 'Walk to School' poster which explains all the benefits of actively commuting to school.*

Please hand in entries to Mrs Nye. Thank you in advance for your support with this initiative,

Mrs Nye

Deputy Headteacher

