



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 My Journey Team at Hampshire County 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.



For the latest active travel news, like and follow
f @myjourneyhants @myjourneyhampshire

@MyJourneyHants

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 myjourneyhampshire.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 My Journey Team. Winners will be notified by the end of term.
- Please visit myjourneyhampshire.com/walktober for more details about the prize draw, including competition terms, prizes and the pupil entry form.
- 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 myjourneyhampshire.com/parents.

#Walktober

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

Good luck and have fun being active!



For the latest active travel news, like and follow
f @myjourneyhants @myjourneyhampshire

@MyJourneyHants