



October 6<sup>th</sup> 2020

## Walktober 2020: Walking to Wellbeing



Dear Parents/Carers,

This year, as a school, we have decided to take part in the Walktober project. This is a fantastic initiative around the idea of 'Walking to Wellbeing' run by Hampshire County Council.

Walktober is a challenge held each October to celebrate and focus the mind on International Walk to School Month. The pandemic, and subsequent lockdown, has taught us all that exercising and spending time outside enjoying your surroundings is great, if not essential, for your wellbeing. That is what the Walktober challenge is all about: walking to improve your wellbeing.

Please see the attached home information pack which is full of ideas, challenges and competitions that children can take part in to celebrate Walktober.

We really hope you enjoy participating in the Walktober challenge with your child.

Yours sincerely,

Mrs Jemma Hatfield  
Healthy Schools Leader

It doesn't matter if it's five minutes, fifty minutes or more. Every outdoors experience can make a difference to your wellbeing.