

Haddenham St Mary's School Travel Plan



Spring term 2024

Welcome



How wonderful that the days are feeling longer again and the sun is shining!

We enjoyed a chilly but well attended 'Jump into January' walk to school on the 12th Jan. Thank you to those of you who joined us.

Save the Date- Walk to school

The next February 'Jolly Jog' to school 9th Feb...don't worry, we are walking!

This walk will coincide with Children's Mental Health week w/c 5-11h Feb

Here are a few of the many benefits of walking for our mental wellbeing

<https://www.bupa.co.uk/newsroom/ourviews/walking-health>



Easter Bonnet Walk

We're very excited to announce that our **Easter Bonnet walk to school will be held on Friday 22nd March** this year. A bunny ears template is on the 3rd page of this newsletter if you'd like to use it. This coincides with the final day of Sustrans Big Walk and Wheel to school.

New Year's resolution

Did you make a resolution to walk to school with your child this year? Have you stuck with it? Well done if you did and I hope you're feeling fitter for it.

Now that the mornings are lighter, It's definitely the time to enjoy seeing the lovely signs of spring while walking to school.

Focus on how great you'll feel if you've already completed half of your steps before 9.30 in the morning.

If you're feeling rushed, you could walk to school and jog back. It'll probably be quicker than driving and parking the car.

Please walk and stride. For those parents who live in the new developments by the garden centre, please use the path that links to Churchway.

Spring Scavenger Hunt—Wc 11th March (page 2 of this newsletter)

Children who successfully find all of the spring objects on the Spring Scavenger Sheet can claim a small chocolate egg!

Return your completed form to Mrs Nickless (Sky 2) to receive a mini chocolate egg.



Dates for your diary

Friday 22nd March— Easter bonnet walk to school -whole school walk to school

11th-22nd March—Sustrans Big Walk and Wheel

19th April—Spring into Spring walk

19th May—Happy Shoesday walk



Big Walk and Wheel 11th-22nd March

Let's get ready now

Give children opportunities where possible to practise their cycling or scooting skills in preparation for the Big Walk and Wheel which runs from the 11th to the 22nd March

<https://tinyurl.com/ycvsp6yr>

Now is a great time to help your child to ride their bike without stabilisers. This link from Sustrans may help

<https://tinyurl.com/4ph57k8p>

Discuss **bike and scooter maintenance** with your child and support them to maintain their own bike or scooter. Encourage children to wash their bike or scooter too!

<https://www.youtube.com/watch?v=e7blAQevm1s>

Discuss the importance of **always wearing a helmet** to keep them safe.

Haddenham Safe Walking and Cycling Group (HADDSWAC)

We work in partnership with our local community and we have strong links. Please see the link below for their latest newsletter

<https://www.villagesociety.org/doc/issue-10-D808707.pdf>

<https://www.villagesociety.org/haddswac.html>

Spring Hunt Checklist



nest



bird



blossom



insect



buds



flowers



daffodil



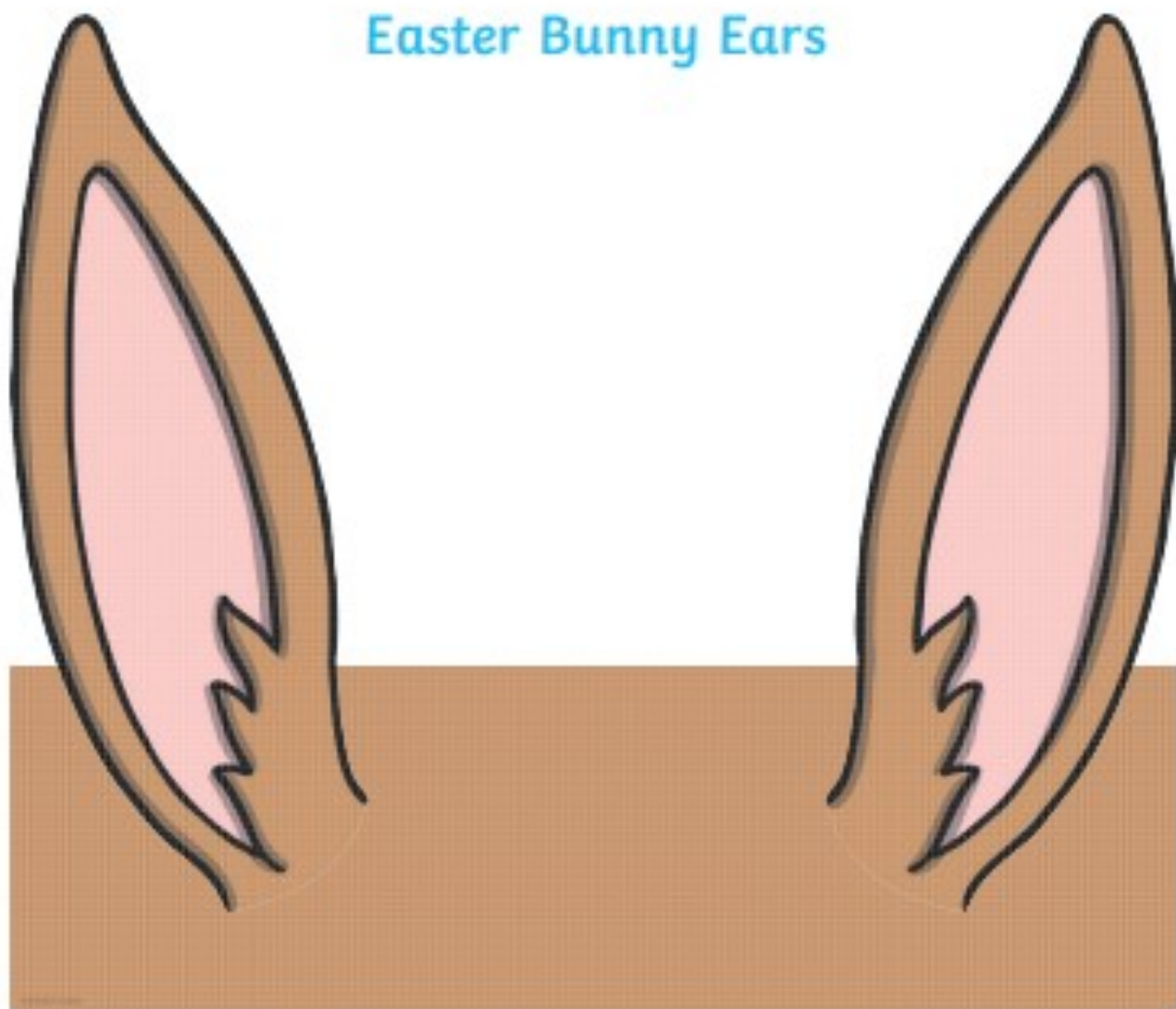
seedlings



**green
leaf**

Can you draw any other spring items that you see on your walk?

Easter Bunny Ears



Attach ends and adjust to fit head

