



26th January 2016

Dear Parent/Guardian,

As part of our work on our 4th Green Flag award for the Travel theme St. Paul's is delighted to announce the official launch of **Fit Feet Fridays**. We are aiming to get pupils, parents and staff out of the cars and onto our feet for the commute to school. Every week we will be encouraging all children to try and travel to school in a sustainable, green way.

The aim of the Travel Theme is to promote sustainable travel to school across Ireland, such as walking, cycling, carpooling or taking public transport. Raising awareness on road safety and sustainable travel is also key to the programme.

For the Park 'n' Stride initiative we are encouraging all families who usually drive their children to school to park at a destination in the vicinity of the school and walk with your child the rest of the way.

As well as helping the environment by reducing the amount of cars and fuel used just think of what additional benefits walking or cycling to school with your child can bring e.g. reduced congestion at the school gates, safer streets, time to chat and socialise with your children and other families, opportunities for exercise and fresh air!

We are launching these initiatives on **5th February 2016** and we would appreciate your support. After this date these initiatives will run **every Friday**. There will also be some small prizes for the children who participate on the morning.

We look forward to seeing you **walking, cycling, scooting, carpooling or Park 'n' Striding** on **5th February** and thank you for supporting our Green-Schools work to help keep our environment clean and green!

Kind regards,

THE GREEN-SCHOOLS COMMITTEE

