



# Atlantic Academy Portland

an Aspirations Academy

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14th September 2023

Dear Parents/Carers

## Re: - Cycle to School Week '23

Get set..... Atlantic Academy is taking part in Cycle to School Week '23, the UK's largest cycling, walking, wheeling and scooting challenge. The challenge runs from **25th - 29th September**. It's free and we would love everyone to be involved.

This is going to be an All-Through event (includes Primary and Secondary students) so we are going to have our first Intra-School House Competition. A tally will be taken in tutor time as to who has cycled/scooted to school and which House Colour they belong to. A Cup will be presented to the winning House at the end of the week.

### What do you need to do?

Encourage your child(ren) to walk, use a wheelchair, scoot or cycle to school on as many days as possible during the event.

### Why we are taking part

Sustrans Cycle to School Week is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate. [A 2021 YouGov study](#) showed nearly half of UK children worry about air pollution near their school. And that children thought active travel was the best way to bring down these pollution levels.

Plus there are some great prizes to be won every day for the children taking part! As well as this, as parents/carers, you can make a pledge to cycle [here](#) and be entered into a prize draw!

If the children would like some practice challenges for their bikes and scooters, please follow [this link](#).

Yours faithfully

Ms Russell and Mr Randell  
P.E Department, Atlantic Academy



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