RETURNING WOW SCHOOL

LIVING STREETS LET'S WALK TO SCHOOL

Dear parent/carer,

Living Streets' **WOW – the walk to school challenge** is back to help encourage as many children as possible to experience the benefits of walking to school.

As you know, WOW is a pupil-led initiative where children self-report how they get to school every day. If they travel actively (walk/wheel, cycle, scoot or Park and Stride) at least once a week for a month, they get rewarded with a badge. It's that easy!

What are the benefits of walking to school?

- Children feel happier and healthier
- They arrive to school refreshed, and ready to learn
- Helps reduce congestion and pollution at the school gates

What if we can't walk to school?

If driving, 'Park and Stride' to help your child earn their WOW badges. Park **at least ten minutes away** from the school and walk the remaining journey.

If using public transport, hop off **at least ten minutes away** and walk the rest (recorded as 'other' on the WOW Travel Tracker).

Where walking to school isn't an option, we work with schools to establish a bespoke approach to WOW that works best for their pupils' needs.

If you have any questions on the adaptability of WOW or have suggestions of how we can improve, we would love to hear your thoughts. Please email walktoschool@livingstreets.org.uk

The WOW badges

There are 11 new WOW badges to be earned, one for every month of the school year. Each badge has been designed by a pupil from across the UK as part of our annual WOW Badge Design Competition.

WOW 2024/25 encourages pupils to ***Walk with Imagination,*** with a selection of badges ranging from a Bird's Eye View to Road Surfing up for grabs.

The badges are made in Cornwall from material that was otherwise destined for landfill, including fridge trays, plastic plates and yoghurt pot off-cuts. For more information, visit:

livingstreets.org.uk/recycling

In the UK, last year, around 2,300 schools and over 600,000 pupils enjoyed the benefits of walking to school with WOW. Will you join us?

If you have any questions about the programme, please contact

Mr. T. Jones....., or find more information and useful videos at:

livingstreets.org.uk/wowlaunch

Let's swap those school runs for school walks.

YSGOL WOW SY'N DYCHWELYD

Annwyl riant/gofalwr,

Mae cynllun Living Streets, **WOW – yr her cerdded i'r ysgol** yn ôl i helpu i annog cynifer o blant â phosibl i brofi manteision cerdded i'r ysgol.

Fel y gwyddoch chi, mae WOW yn fenter sy'n cael ei harwain gan ddisgyblion lle mae'r plant yn defnyddio dull hunanadrodd i nodi sut maen nhw'n cyrraedd yr ysgol bob dydd. Os ydynt yn teithio'n llesol (cerdded/troelli, seiclo, sgwtera neu barcio a cherdded) o leiaf unwaith yr wythnos am fis, cânt eu gwobrwyo â bathodyn. Mae mor hawdd â hynny!

Beth yw manteision cerdded i'r ysgol?

- Mae'r plant yn teimlo'n hapusach ac yn iachach
- Mae'r plant yn cyrraedd yr ysgol wedi eu hadfywio ac yn barod i ddysgu
- Mae'n helpu i leihau tagfeydd a llygredd wrth gatiau'r ysgol

Beth os na allwn ni gerdded i'r ysgol?

Os ydych chi'n gyrru, parciwch a cherddwch i helpu'ch plentyn i ennill ei fathodynnau WOW. Parciwch **o leiaf ddeg munud i ffwrdd** o'r ysgol a cherddwch weddill y daith.

Os ydych chi'n defnyddio trafnidiaeth gyhoeddus, dewch oddi ar y bws/trên **o leiaf ddeg munud i ffwrdd** a cherddwch weddill y daith (wedi'i gofnodi fel 'arall' ar Draciwr Teithio WOW).

Os nad yw cerdded i'r ysgol yn opsiwn, rydym yn cydweithio ag ysgolion i roi dull pwrpasol ar waith ar gyfer WOW sy'n diwallu anghenion eu disgyblion.

Os oes gennych unrhyw gwestiynau ynghylch hyblygrwydd WOW neu os oes gennych unrhyw awgrymiadau am sut gallwn wella, byddem yn croesawu eich barn. E-bostiwch walktoschool@livingstreets.org.uk

Bathodynnau WOW

Mae yna 11 o fathodynnau WOW newydd i'w hennill, un ar gyfer pob mis o'r flwyddyn ysgol. Mae pob bathodyn wedi'i ddylunio gan ddisgybl o bob rhan o'r DU fel rhan o'n Cystadleuaeth Dylunio Bathodyn WOW blynyddol.

Mae WOW 2024/25 yn annog disgyblion i ***Gerdded â Dychymyg***, gyda detholiad o fathodynnau ar gael, yn amrywio o Olygfa Trem Aderyn i Syrffio Ffordd.

Caiff y bathodynnau eu creu yng Nghernyw o ddeunydd plastig wedi'i ailgylchu a fyddai fel arall yn mynd i safleoedd tirlenwi, gan gynnwys hen hambyrddau oergell, platiau plastig a thoriadau potiau iogwrt. Am ragor o wybodaeth, ewch i:

livingstreets.org.uk/recycling

Yn y DU y llynedd, gwnaeth tua 2,300 o ysgolion a dros 600,000 o ddisgyblion fwynhau manteision cerdded i'r ysgol gyda WOW. A fyddwch chi'n ymuno â ni?

Os bydd gennych unrhyw gwestiynau am y rhaglen, cysylltwch â..Mr. T. Jones....., neu dewch o hyd i ragor o wybodaeth a fideos defnyddiol yn: **livingstreets.org.uk/wowlaunch**

Gadewch i ni gyfnewid y teithiau hynny i'r ysgol yn y car am deithiau cerdded i'r ysgol.