



Let's get moving this Walktober!

Get moving for our wellbeing, our community and our planet

Parent and Carer Information

Travelling actively and sustainably can help make a change for our wellbeing, our community and our planet.


Our school is taking part in International Walk to School Month by joining the Walktober challenge run by the My Journey Team at Hampshire County Council.

We would like as many of our pupils, families and staff as possible to travel actively and/or sustainably throughout October by walking, wheeling, cycling, scooting, using Park and Stride or public transport.



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myjourneyhampshire.com/walktober

Walktober 2024 - Pupil Activity Card and Competition

The Walktober Activity Card encourages pupils to travel actively and/or sustainably in October. Pupils will be asked to choose at least six activities to complete over the course of the month. These can be chosen from the list of suggestions or they may like to add in some of their own. At the end of the challenge, the card can be entered into the Walktober pupil competition for a chance to win a fantastic prize!

How it works:

- Your child will receive a Walktober Activity Card with instructions on how to complete the card.
- The Walktober Activity Card can be printed or completed on a computer. For instructions to complete the card on a computer, please visit myjourneyhampshire.com/walktober.
- The Walktober activities can be adapted or your child may like to come up with their own ideas! They may choose to do them on their own, with the help of a parent/carer, with a friend or as part of a school event with a teacher.
- At the end of Walktober, and by **Friday 8th November 2024**, you can enter your child's completed Walktober Activity Card into a prize draw run by the My Journey Team.
- Please visit myjourneyhampshire.com/walktober for more details about the prize draw, including competition terms and the pupil entry form. Winners will be notified by the end of term.
- If you need any assistance entering the competition, please ask if we have a Walktober Activity Card collection point available.

You can find more active travel and wellbeing information for parents and families by visiting myjourneyhampshire.com/parents.

Good luck and have fun being active!

#Walktober
Please do share your fun-filled Walktober activities with us by tagging #Walktober.

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