



St Barnabas C of E Primary School
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Headteacher: Miss K Boardman (BSc Hons)

"Barnabas, the Encourager"

Dear Parents/Carers

Before the summer break, the Year 5 children, along with Erin Gray, our Bike It Officer, carried out an activity to create a 5 minute walking zone around the school. They discussed the problems with traffic around school, how they could reduce this traffic and encourage children to travel in a healthy way to school. We then held a competition where all Year 5 children wrote a letter that they would send home about this topic. The best letter was chosen and this can be seen below. Congratulations Tyler!

Miss K Boardman

3rd October 2016

Dear Parents

I am writing to you on behalf of all the Year 6 pupils to tell you about a serious problem. The problem is that there are too many cars around our school which makes it dangerous for children at St Barnabas.

There are some benefits of not coming by car and choosing healthy ways to travel to school such as walking, cycling and scooting.

Here are some of the most important benefits. Then first one is that it keeps you fit and healthy. It also reduces the risk of high blood pressure.

Another benefit is that physical activity can encourage healthy growth.

Attached to this letter is a map showing the 5 minute walking zone around St Barnabas. If you live inside the zone, it is less than 5 minutes to walk to school. If you live outside the zone then you could park your car outside the zone and walk the rest of the way

Did you know that the UK Chief Medical Officers recommend that 5 to 18 year olds do 60 minutes or more of vigorous exercise every day? Walking to school or parking outside the zone would help you to get at least 5 minutes of this exercise each day and would make the area outside school safer for children.

Thank you.

Yours sincerely

Tyler Graham, Year 6 pupil.