

# **jump** TO SCHOOL WEEK

**For entry into prize draws, collect a stamp for each day you walk, cycle or scoot to school**

Monday



Tuesday



Wednesday



Thursday



Friday



Prizes include scooters, cycling helmets, locks, gloves, lights, bells

## Benefits of walking, cycling and scooting to school

- Being active makes you happy
- Chat with friends on way to school
- Improves concentration
- Breathe in the air
- You can check out what's happening around you
- See your local nature
- Feel stronger and healthier



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