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Sandal Castle (VA) Community Primary School

Headteacher: Mrs N T Russell BA Hons PGCE NPQH

[www.sandalcastleprimary.co.uk](http://www.sandalcastleprimary.co.uk)

Tuesday 9th January

Dear Parent/Carer,

As part of the Change 4 Life programme encouraging healthy eating and keeping fit, year 5 have decided to take part in the 1k a day challenge. Each morning we will aim to walk 1- 2k in order to complete our challenge of walking from England to France. The first stage of our journey is to travel from Wakefield to Kent (356 km) and then we will walk the remaining distance from Kent to Calais before embarking on a journey across the landmarks of France. Once a week our walk will take us outside of the school grounds to explore the local area. This is a fantastic opportunity to develop our physical and mental well-being which has been proven to raise attainment in schools. Please make sure your child has the appropriate footwear and clothing for the walks during the winter months.

Thank you for your cooperation, we are very excited to start our journey!

The year 5 team.