



7 February 2022

Dear Parent/Carer

I will be starting a parent/carer walking group, which will begin on Tuesday 1 March 2022 and run every Tuesday at 10.00am. The walks will take around 30-60 minutes, and it would be great to have as many parents/carers as we can join in. These may include a walk to Judy Woods, Wyke Park or down to the green. It will also be a great time to support each other in staying healthy, as well as creating new friendships and having great discussions about your families.

Hopefully, the weather will start to slowly improve after half term and into the summer, which will make the walks very enjoyable. We will meet outside the Community Room at Appleton Academy at 10.00am every Tuesday morning, from Tuesday 1<sup>st</sup> March 2022, and we can decide as a group the week before, which route we will take the following week. The walk will be for people of all abilities and there is no pressure on how fast/slow you want to take it, or whether you would like to join in with half of the walk or push yourself even further.

Please feel free to let me know if this is something you would be interested in, however you can just arrive on the day and join in with the walking and do not have to commit to every week, although it would be great if you can join us regularly. Please don't forget to wear some comfortable footwear and bring a drink along with you.

For further information, do not hesitate to give me a call or come and speak with me. I look forward to seeing you for our first walk on Tuesday 1 March 2022.

Yours faithfully

*Emily Chesterman*

Emily Chesterman  
Parental Involvement Officer