



## Walktober Walking to Wellbeing

The children have been learning in assembly about the Hampshire Walking for Well-being challenge.

**Be active ... outside**

**Be mindful ... think about the world around you**

**Keep learning ... about the great outdoors**

**Connect ... with nature**

**Give to others ... by being kind to your community**

Please help support this challenge by taking part in Walk to School Week this week. We would also like the children to take part in a Travel Team competition.

### Walktober Photo Competition

To take part, just take a photo of something amazing when you are out on a walk. It could be something interesting, funny, beautiful or awe-inspiring. The photo does not have to have your child in the picture, but could do if you are happy for the photos to be displayed around school. The best photos will receive a small prize.

Please enter by sending your photo to: [adminoffice@alverstoke-inf.hants.sch.uk](mailto:adminoffice@alverstoke-inf.hants.sch.uk) with your child's name and class. All photos to be submitted by 22<sup>nd</sup> October.

