

Active Schools Step Into Christmas Challenge!



Pupil Name	
School	
Class	
Network	

Information for Parents/Schools

This year we need your help to get our mascot Archie's letter to Santa all the way to the North Pole!

In order for Archie to get his letter to Santa we need to 'Step into Christmas' and collectively walk 2300 miles over 28 days to make sure we get it there in plenty of time. You can take part in this activity with your school, class, family, carers or even on your own! All you have to do is record how many miles you have walked at a time on the sheet below and at the end of the challenge send it back to your Active Schools Coordinator.

Our 'Step into Christmas' challenge will begin on Monday 16th November and run through until Monday 14th December.

Every week we will upload some videos and information onto our Facebook pages which will give you tips and ideas of where you can go near your home to walk and we may even include some snaps of Archie getting his miles in too! You don't have to be specific in measuring your miles your very best guess will do. If you want to send any pictures of your school, class or family taking part in the challenge and want to share them on our social media then we would love to see them! Email your pictures to lisa.logie@aberdeenshire.gov.uk

What will count in terms of walking miles?

There are loads of ideas you can do to get your miles in, here are just a few:

- Daily mile at school
- A nature walk with your teacher and class at school
- Walking to and from school
- Walking to any clubs or shops if possible
- Walking with your family or pets after school or at weekends



Record all your walks in the table below and remember to add up the miles at the end of the challenge.

Remember only to record walks that you do between 16th November to 14th December!

Date	Walk Description	Miles Walked
Example: 16 th Nov	Walked to and from school and walked my dog in the afternoon at Aden Country Park.	4
Total Miles		

