

**16<sup>th</sup> March 2023**

## **Guru Nanak Sikh Academy is taking part in UK's biggest active travel challenge.**

Guru Nanak Sikh Academy pupils will be participating in the UK's biggest inter-school walking, wheeling, scooting and cycling active travel challenge.

The Sustrans Big Walk and Wheel takes place 20<sup>th</sup> – 31<sup>st</sup> March and it inspires pupils to make active journeys to school, improve air quality in their neighbourhood and discover how these changes benefit their world.

The competition has been running since 2010 and sees schools compete on each day of the challenge to make the most journeys by walking, wheeling, scooting and cycling.

Not only does the event help reduce pollution around the school gates but in 2019 it helped parents to save an estimated [£1.6million in petrol costs](#) during the fortnight.

Sustrans is a charity that aims to make walking, wheeling and cycling easier and is delivering the challenge in partnership with Schwalbe.

Sustrans Big Walk and Wheel is open to all primary and secondary schools in the UK, including SEN/ASN/ALN schools, with prizes to be won every day.

Free resources are available to encourage pupils to help reduce air pollution and learn about the benefits of active travel for themselves, their school, their neighbourhood and the whole planet.

### **School Gate Pollution**

More than 2million active journeys to 1,519 participating schools took place during the 2022 challenge, saving 1,335 tonnes of CO<sub>2</sub> and 2,984kg NO<sub>x</sub> emissions if the journeys logged had otherwise been made by car - based on approximations of assumed modes of travel.

In a YouGov survey in 2021 [half \(49%\) of UK school pupils](#) said they were worried about air pollution near their school, while 57% of pupils described the environment around their school as having too many cars.

Teachers also find that pupils who walk, wheel, scoot or cycle arrive at school more relaxed, alert and ready to start the day than those who travel by car. Active travel can also [help reduce anxiety, depression](#) and the risk factors of developing cardiovascular disease, some cancers and Type II diabetes.

**Xavier Brice, CEO at Sustrans, said:**

"It's fantastic that Guru Nanak Sikh Academy is taking part in the Sustrans Big Walk and Wheel. This is a great opportunity for parents and pupils across the UK to enjoy the fun of a healthier and cheaper school run by walking, wheeling or cycling.

"We want to help people get out of their cars, so even if you choose to travel actively for only part of the school journey, you will still be making a difference and putting our environment front and centre. Every short car journey swapped for an active alternative helps cut pollution, for a cleaner environment and healthier, happier communities."

**Join in**

Comment, share, use the hashtag #BigWalkandWheel

[Find out more about registering for the Big Walk and Wheel 2023](#)

Follow us on Twitter [@sustrans](#) and on [Facebook](#)

**About Sustrans**

Sustrans is the charity making it easier for people to walk and cycle. We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute - [find out more](#).

Sustrans is a registered charity no. 326550 (England and Wales), SCO39263 (Scotland).