

Parent Questionnaire letter

[Insert School logo here]

Date: [Insert date here]

Dear Parents and Guardians,

You may be aware that the National Guidelines on Physical Activity for Ireland recommend that children are physically active for at least 60 minutes every day (for adults they recommend 30 minutes a day). This has been found to increase learning ability and significantly decrease the risk of developing chronic illnesses as adults.

We have a number of activities in school that encourage physical activity and we are exploring how we can provide more opportunities. One way is to encourage children to walk some or all of the way to school. A ten-minute walk in the morning or the afternoon would help you and your children achieve your daily physical activity requirements. It would also provide an opportunity for your children to learn valuable road safety skills.

By completing the short questionnaire attached, you will provide valuable information to help us decide the best way to encourage walking to and from school. It should take about 3 minutes to complete.

Please return completed questionnaires to the school office or class teacher of your child/children before [Insert date here]

Yours Sincerely

School Principal