

Steps towards your Schools Walk the Wight

Joining instructions for parents

By linking everyday walking activities for your child and the whole family to the annual Walk the Wight event, you will not only be getting your family **fitter and healthier**, but also helping those families who need the support of the Earl Mountbatten Hospice.

Whether children walk to school, join in with walking activities whilst at school, or take part in walking activities with the family, it doesn't matter. The key thing is to **get walking for health**, for your child, your family, and those in need at the Earl Mountbatten Hospice.

Taking part is easy – just follow these **Steps towards your Schools Walk the Wight!**

1. Fill in the Registration Form for each child.
2. Return it to your school coordinator by **3rd February** - Your child will receive a Walkers Number, Sponsor form, map and stickers.
3. Start walking!
Every time your child walks to school, does walking activities at school, or walks with your friends or family (**approx 30 mins walking minimum, per activity**), this will count as **one unit** on the Walk the Wight map.
4. Give your child a sticker each time **one unit** is completed, to put on the map.

You now have until mid May to complete **all 26 units!**

5. When your child has completed **all 26 units** (which represent the whole walk the Wight route) send the completed card, along with your sponsorship money, to your school coordinator.
6. The Hospice will then give your child a certificate, and a medal!

Optional 4 mile walk 13th May 2011 (Freshwater Bay to Alum Bay)

This is only open to every child who has completed a registration form and has already walked at least 22 units on their map. Your child does not have to walk the 4 miles from Freshwater Bay to Alum Bay on the 13th May to get their medal, as medals will be presented at the school with certificates at a later date to all those children who complete all 26 units.

If your child has already walked at least 22 units, the whole family can take part in the optional 4 mile walk from Freshwater Bay to Alum Bay, (but the other family members will not qualify for Walk the Wight medals). Let your school coordinator know before 27th April if you would like to join the walk on the day, you will then be sent more detailed information.

All Children must be accompanied by an adult

Do you have other children who would like to participate but their school is not running Schools Walk the Wight?

Register them through the school which is running the scheme, encourage them to walk the 26 units in the same way, and if they have walked 22 units they can also walk on 13th May.