

Healthy Schools Newsletter – Term 5 & Term 6 (2026)

Active Travel to and from school and during the school day

Active travel plays a key role in improving pupils' physical and mental health, tackling air pollution around school sites and supporting climate action. Embedding walking, wheeling, scooting and cycling into the school run, curriculum delivery, enrichment activities and whole-school events helps pupils develop lifelong healthy habits while reducing congestion and road danger. The national awareness days below offer simple opportunities for staff to link **wellbeing, PSHE, PE, geography, science** and **eco-work** to **Modeshift STARS evidence**.

For support get in touch with **Abbie Edbrooke**
Sustainable Travel and Road Safety Officer
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Term 5: April – May 2026

National Walking Month – May 2026

Modeshift: W7 – Walk to School Month

Walking is one of the easiest and most inclusive ways to support physical activity and mental wellbeing. This month works well for whole-school messaging and family engagement.

Living Streets – National Walking Month:

<https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month>

Walk to School Week – 18-26 May 2026

Modeshift: W6 – Living Streets Walk to School Week

A national challenge encouraging pupils to travel actively all week, supported by classroom resources and rewards.

Living Streets – Walk to School Week:

<https://www.livingstreets.org.uk/walk-to-school/primary-schools/walk-to-school-week-2026/>

Term 6: June – July 2026

World Environment Day – 5 June 2026

Modeshift: CU3

World Environment Day supports learning around sustainability and climate action. Active travel provides a visible, practical example of positive environmental behaviour.


 United Nations – World Environment Day:

<https://www.un.org/en/observances/environment-day>

World Bicycle Day – 3 June 2026

Modeshift: C1, C5

A good opportunity to promote safe cycling, bike checks and local route planning.

 BBC Newsround – World Bicycle Day:

<https://www.bbc.co.uk/newsround/57344379>

Bike Week – 8-14 June 2026

Modeshift: C8 – Bike Week

Bike Week celebrates cycling for travel, fitness and fun. Activities can include assemblies, cycle skills refreshers or staff-led rides.

 **Cycling UK – Bike Week:**

<https://www.cyclinguk.org/bikeweek>

Great Big Green Week – 6-14 June 2026

Modeshift: CU3

The UK's largest celebration of community action on climate change. Active travel initiatives align strongly with this campaign.

 Great Big Green Week:

<https://greatbiggreenweek.com>

Clean Air Day – 18 June 2026

Modeshift: AQ2, AQ15, AQ14

Children are particularly vulnerable to air pollution. Clean Air Day is ideal for promoting car-free days, anti-idling messages and healthier school streets.

 Clean Air Day – Schools

hub:<https://www.actionforcleanair.org.uk/campaigns/clean-air-day>

<https://www.actionforcleanair.org.uk/schools>

 North Somerset Council – Air Quality:

<https://www.n-somerset.gov.uk/my-services/nuisances-pollution-environmental-issues/pollution-nuisances/air-quality>


Pride Month – June 2026

Modeshift: CU3 – Inclusion & Wellbeing

Pride Month celebrates LGBTQ+ communities and reinforces inclusion and belonging. Active travel activities can positively highlight that school streets and public spaces are welcoming and safe for everyone.

 **Bikeability – Pride Month & active travel:**

<https://www.bikeability.org.uk/blogs/lgbtqia-history-month-rob-bounds/>

 **Out and about: LGBTQIA+ experiences of active travel**

<https://www.walkwheelcycletrust.org.uk/media/xsed4me1/out-and-about-lgbtqiaplus-experiences-of-active-travel.pdf>

Net Zero Week – 4–10 July 2026

Modeshift: CU3 – Environmental education

Net Zero Week supports learning on climate change and sustainability. Transport is a major source of carbon emissions, and active travel is a practical action schools can model.

 **Net Zero Week:**

<https://netzeroweek.com/#/>

Summer Holiday Active Travel Messages

Modeshift: W16, C7

Schools may wish to promote simple messages to families about staying active over the summer, such as walking or cycling to parks, the local shops, exploring local cycle routes or using public transport for days out.

Families might be interested in the HAF programme <https://n-somerset.gov.uk/my-services/benefits-support/other-benefits-support/holiday-activities-food-haf-programme>

 **Modeshift STARS Award – 31 July 2026**

Submit your evidence to Modeshift STARS and get a travel award that can help with your Climate Action Plan! Assemblies, curriculum links, events, newsletters and pupil engagement all contribute valuable STARS evidence. It's funded and we can support you.

 **Modeshift STARS – Education:**

<https://modeshiftstars.org/education/>