

Pentecost Term 1- 'Walk to School Week'



WHAT IS 'WALK TO SCHOOL WEEK'?

Walk to School Week is 15-19 May 2017.

Join thousands of children across the country celebrating the benefits walking brings.

[How far would you walk to school?](http://www.bbc.co.uk/news/world-africa-23239800) [Read here about a Tanzanian girl's long walk to Education.](http://www.bbc.co.uk/news/world-africa-23239800) <http://www.bbc.co.uk/news/world-africa-23239800>

We know that walking to school makes children feel healthier and happier, while reducing congestion and pollution outside the school gates. Yet less than half of primary school children currently walk to school.

We want to reverse this decline and see every child that can, walk to school.

Read more here: <https://www.livingstreets.org.uk/what-we-do/projects/walk-to-school-week>

Daily Bible readings [HERE](#)
and

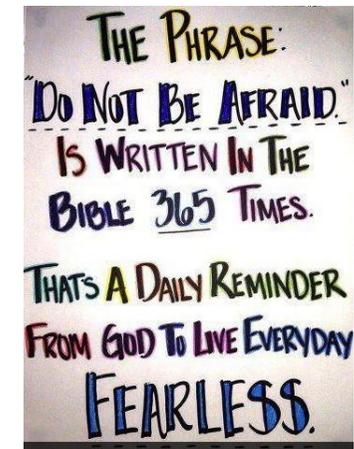
Thought for the Day clips [HERE](#)



Hymn of the week:

'Do not be afraid'

To [sing along](#) click on the poster



Pentecost 1- Sacred Time

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What does the Bible say about EXERCISE?

1 Corinthians 6:19-20

“Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore, glorify God in your body.”

Workouts can give glory to God. You can pray while you walk, meditate while you swim or simply put yourself in God’s presence in the weight room. The possibilities are endless.

Isaiah 40:29-31

“He gives power to the faint, abundant strength to the weak. Though young men faint and grow weary, and youths stagger and fall, they that hope in the LORD will renew their strength, they will soar on eagles’ wings; They will run and not grow weary, walk and not grow faint.”

God will help you and reward your fitness efforts, if they are done in His service and not out of vanity or selfishness. Put your trust in God, and He will guide you.

4 Benefits of walking to school:

Walking is known to improve academic performance. Children arrive brighter and more alert for their first morning class. In a UK Department for Transport **survey**, nine out of ten teachers said their students are much more ready to learn if they’ve walked to school. Walking reduces stress and increases creativity, both of which will help a child’s performance at school.

Walking gives children good life experience. It’s an opportunity for them to be independent, think responsibly, and make decisions for themselves. Some children feel less anxiety about being at school when they know how to get home.

Walking gets children outdoors –certainly aren’t spending enough time outside these days. Those few minutes of walking can provide inspiration.

Walking provides daily exercise for children. Obesity rates have skyrocketed in the UK, so incorporating physical activity into a child’s daily routine is a good place to start fighting it.

<http://formtimeideas.com/>

News of the World <http://www.bbc.co.uk/news/world>
or watch CBBC Newsround
<http://www.bbc.co.uk/newsround>



Lord, we place these people and situations before you and ask you to help. In the name of the Father, and of the Son and the Holy Spirit, Amen.

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