

Dear Parent or Carer,

Great Western Railways are proud of the rich heritage of our railways. We also know that they have a part to play in a bright future. Young people are more environmentally conscious than ever before and taking the train is a first-class way to travel sustainably.

At school your child has been taking part in the **Staying on Track** lesson which encourages Young Great Westerners to explore the natural and historical treasures on their doorstep and learn why they must be preserved for future generations. Now we are inviting them to take part in the Staying on Track Competition!

The Competition

Choosing a local landmark that they wish to protect, we are asking primary pupils to submit a drawing of their chosen landmark along with an explanation of how they will environmentally 'stay on track' to protect it. More information can be found on the **Competition Entry Form** at the end of this leaflet.

Prizes

- **iPad for the winning entry (in both our KSI and KS2 categories)**
- **£100 Amazon voucher for second place winner and £50 Amazon voucher for third place winner**

Staying On Track at home

Sometimes it's hard to know how to make a difference. But small changes at home really can contribute to a greener, more sustainable world!

Turn over for our top tips on how to become a leaner, greener family and save on your energy bills. In addition you will also find our safer travel pledge with the extra steps we are taking to make your journeys safer.



Staying on Track Sustainable Tips

1. Take the train!

Or other forms of sustainable transport like walking or cycling whenever you can. Every greener journey you make will help reduce your carbon footprint. Plan your route at <https://www.gwr.com/>.

2. Label your bins.

We all know we should recycle, but sometimes it's easy to forget what goes where. Make your own colourful signs for different bins so everyone -including visitors – knows what goes where.

3. Do the shower challenge.

Set a timer going and challenge everyone in your house to stick to a 5 minute or less shower. Who can be the speed shower champion?

4. Track your single use plastic.

For a week, keep track of any single use plastics you use as a family (bags, cups, packaging). Store them somewhere and review at the end of the week. As a family, talk about how you could have avoided using any of these items, and challenge yourselves to do better next week.

5. Unplug your devices.

Send your child around the house on a plug check. How many things can they find that are plugged in that don't need to be? Make sure devices aren't left plugged in all the time when they don't need to be.

6. Eat more greens.

Vegetables are good for you, and for the planet too! By cutting down on meat and processed products in favour of more veg, you are reducing your carbon footprint and looking after your health.

7. Plan your meals.

Making a plan for the week means you can cut down on food waste and be more efficient with what you buy. Plan your favourite meals as a family so there's something for everyone to enjoy.

8. Lights out!

Appoint a lights monitor to check that lights – and other devices - are being turned off when not in use.

9. Keep a bag handy.

Always carry a couple of reusable bags with you, so you don't have to buy a plastic one.

10. Make your own family code.

As a family, agree on the things you will try to do to reduce your carbon footprint. You could even keep track of how much money you are saving by reducing your bills, and use that for a family day out.



Our safer travel pledge

We are taking extra steps to make your journey safer

We are



Maximising space

Running more trains and carriages to make extra room



Boosting cleaning

Cleaning trains and stations more regularly



Helping with hygiene

Making it easier for you to keep your hands clean



Improving information

With people and technology to help you at every stage

To help us keep safe, you can



Travel off-peak and keep your distance



Carry hand sanitiser and wash your hands



Wear a face covering unless you are exempt



Check before you travel

To find out more visit [GWR.com/Safety](https://www.gwr.com/safety)



Staying On Track (ages 5-7)

Competition Entry Form

How to enter

Great Western Railways want you to tell them about an important place near you, and how you can help to protect it.

To enter the competition, you need to:

- Use the space overleaf to draw a picture of a special place near you. It could be a historical or natural place. Make sure to stay inside the lines!
- Include some facts about why it is special.
- Say how you will help to protect it by being sustainable.

Send your completed entrants by **Wednesday 25th November 2020** to gwrcompetitions@nationalschoolpartnership.com or post to:

**We are Futures,
GWR Staying On Track Competition,
1 Paris Garden
South Bank,
LONDON, SE1 8ND**

Terms and conditions:

<https://www.younggreatwesterners.com/competition/termsandconditions>



Pupil name **Age**

School name

School address

Teacher's name

Teacher's e-mail

Phone number

Draw your special place in the box:

The name of my special place is:

Where it is:

I will help to protect this place by

List three facts about the place that make it special:

1

2

3