



## Competition



**Are you a whizz with words or a dab hand with pencil, pen, paintbrush or crayon?**

**Maybe you're a budding poet, busy conjuring up your next short story, or have a great idea for a brand new comic strip?**

**Maybe technology is your thing and you're a Photoshop hotshot and can produce eye catching designs online?**

## We need you!

We're looking for creative kids of any standard. Got a story to tell in words or pictures? Your work could end up being published in a new book...

Lots has shut down recently but that doesn't mean your imagination has to as well. Britain's most decorated female Paralympian, Dame Sarah Storey, Sheffield City Region Active Travel Commissioner, has joined forces with the STARS South Yorkshire Team to launch a new #StaySafeGetActive competition and needs YOU to play your part.

Sarah and the STARS team want to encourage children and families to remember the things that

we're learning in these challenging times, and consider how we take these lessons forward to help us lead safer, healthier and greener lives in future.

We're inviting children and young people from South Yorkshire to put together a story, poem, poster or comic strip about the positive changes in our lives over the last few weeks and how we can inspire our families to continue these activities as part of our daily lives when schools and workplaces re-open.

The best entries will be published in a book to inspire others to Stay Safe and Get Active now, and in the future.

**#StaySafeGetActive**

Despite the restraints of the lockdown, this has opened up opportunities for many of us to spend time at home with those that we live with. Parents and children are spending more time as a family, local communities are coming together to help one another. As our lives are changing, we are taking the time to consider our health, with more people than ever taking a daily walk, scoot or bike ride.

With the reduction in traffic on the roads, the air we breathe is becoming cleaner; some cities have seen nitrogen dioxide (NO<sub>2</sub>) levels fall by up to 60%, making our streets safer, more welcoming places to live, work and play.



## How to take part

In the not too distant future, schools and workplaces will re-open and we will be faced with a choice. Do we want to return to how everything was before, or do we want to maintain some of the positive changes that have been seen over the past few weeks?

Walking, cycling and scooting to school is a simple and easy way for us to continue spending time together, to stay healthy and help protect our planet.

▶ Think about all of the positive activities you have enjoyed with your family over the past few weeks. Maybe you've learnt to ride a bike, developed some new scooter tricks, or just spent more time with the people you love on a daily walk.

▶ Consider what has changed as a result – are your family more active, is the air where you live cleaner, can you hear or see more wildlife, are the roads quieter?

▶ Think about how we can inspire our family, and other people, to keep doing these activities when the schools re-open, to help protect our environment, keep us safer and get us all active.

Thinking about these ideas, we'd like you to create either a short story, poem, poster or comic strip, about the positive changes that you and your family have made over the last few weeks, that will inspire others to keep up the good work. Further guidance and tips will be provided on our Twitter and Facebook pages, and on the Travel South Yorkshire website [travelsouthyorkshire.com/StaySafeGetActive/](https://travelsouthyorkshire.com/StaySafeGetActive/)

Your entry must be submitted on one sheet of A4 paper in landscape to ensure that it can be converted into a book.

Once it is ready, please email your entry to [StaySafeGetActive@pwlcpj.com](mailto:StaySafeGetActive@pwlcpj.com) by Friday 22nd May 2020. Including your name, age and school in the email.

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Sheffield  
City Region



#StaySafeGetActive

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