

## Monday 15<sup>th</sup> November – Friday 10<sup>th</sup> December



## CAN YOU HELP GET YOUR SCHOOL TO THE NORTH POLE?

The distance between N.Ireland and the North Pole is approximately 2500 miles.

Walk, cycle or scoot to or from school = 1 mile At least 15 minutes of exercise outside school = 1 mile At least 15 minutes of exercise within school = 1 mile