#SchoolSelfieChallenge Parents, Carers & Guardians FAQ

* **What does this challenge entail?**

The aim for this challenge is to visit as many of our schools across the borough this term and to take a selfie outside the main sign. The only rule is that you must have travelled to the school via foot or bike/scooter.

* **What is the benefit of my child participating in this challenge?**

To help motivate them to be physically active and contribute towards the Chief Medical Officers’ guidance of 60 active minutes per day across the week. We all know the benefits of leading an active lifestyle on our physical and mental health, which is more prevalent now more than ever.

* **Why visit Barnet’s schools?**

As we start to recover from the pandemic it’s important we reconnect with our friends and colleagues across the community. The idea of visiting every school felt a positive step towards this recovery.

* **How will the photographs be used?**

BPSS will be using all photographs we receive on our social media platforms and to form a collage at the end of the challenge.

* **What if I don’t want my child to appear on social media or the collage?**

That’s absolutely fine, your entry can still count towards the challenge, even if your child doesn’t appear in the selfie. If your child rode their bike or scooter, you could include it in the selfie. Another option could be to use an emoji to cover your child’s face ☺. It’s totally up to you.

* [**When**](https://watch.lesmillsondemand.com/born-to-move-free) **do we send our selfies and who to?**

You can send your selfies whenever you like, either via social media or email. If using social media tag us @BarnetSport and use #SchoolSelfieChallenge. If emailing, please send to [Enter school email address]

* **Will we receive updates on the challenge?**

For regular updates please follow BPSS on social media, our various platforms are listed at the bottom of the page. We would love to see your child in action, please feel free to tag us @BarnetSport, using #SchoolSelfieChallenge. [Add your school social media platforms too if you have them]

If you have any questions regarding this challenge please contact [Enter School Contact]

We hope you will come on this exciting journey with us ☺